Northwest

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Have you exercised your creative aging muscles teday?
This month's cover story features a new Seattle-based initiative for seniors: The Northwest Center for Creative Aging.

Creative Aging Takes Hold in the Northwest

n innovative group Joased in Seattle is exploring what it means to grow older in our society.

The Northwest Center for Creative Aging (NCCA) provides the opportunity to share life experiences, concerns about aging, and to learn from the wisdom of

Formed in 2007, NCCA is based on successful programs from around the country. It serves as a resource center for programs and activities related to creative aging. This past year NCCA events attracted hundreds of people from throughout the region. Participants gathered to talk about the experience of aging with a sense of purpose, adapting to changing circumstances, and

maintaining deeper connections with the people in life who matter.

How did the Center begin? 65-

year old Nancy Nancy Edquist Edquist explains that a spark of inspiration came when she read Creative Aging: A Meaning-Making Perspective, by

Mary Baird Carlsen. "I took a class on Aging Resources at Berkeley one summer week in the early 90's and one of the texts was Mary's book. I was so taken with the book and its theme that when I returned to Seattle I brazenly called her and asked for a time to meet her."

The author lived in Seattle. "She was gracious enough to agree to a breakfast meeting, and from that time forward we began to become colleagues and friends," says Nancy. "A few years later, when I became involved in the first attempt to start a creative aging initiative in the Seattle area, I learned that Mary had been a mentor to John Gibson." John, a consultant and life coach, had been using the term "successful aging" in workshops he led for his practice. Lifestyles by Design. John convened the first steering group for what would eventually become the Northwest Center for Creative Aging.

NCCA offers a range of programs. including facilitator training to lead small group discussions on creative aging topics.

The vision has always been to empower conversations around creative aging and to provide thought-provoking, helpful resources," says Nancy. "It's exciting and humbling to be a facilitator of a group where participants 'bare their souls' in sharing struggles and hopes, discouragements,' she adds. [There are] "many 'aha moments' as they see new

perspectives and renewal of possibilities for living well into their aging adventures." Barbara Frederick Carol

Charles, NCCA

executive

Carol Charles

director, agrees. "We bring together people of multiple generations to honor and learn from inspiring elders. It's exciting to see

a new effort to link people together in ways that add purpose, meaning and quality to our aging selves. Our organization offers volunteers the chance to help develop a new organization in the Northwest."

"The vision has always been to empower conversations around creative aging and to provide thoughtprovoking, helpful resources"

The groups are small enough to allow sharing - from 8 to 15 persons, and generally meet for four to six sessions. "We've generated a lot of interest about our intentional conversation groups," reports Carol. "This is a unique program that we plan to 'seed' all over the area."

Sample questions from a recent

discussion group include: What do vou want to do with the rest of your life? In what way does life get better as we get older?

78-year old Barbara Frederick,

retired executive director of Cancer Lifeline, has attended several

discussion groups. "I was very impressed with the skilled facilitator," says Barbara. "The subject matter was interesting. The





continued on page 18

Curing Arthritis in a Mine

...by Dick Stannard

It's a strange and uninviting place to be a Mecca, but people from all over the world, particularly seniors, stream into tiny Basin, Montana all through the gentle months of the year.

The live is five abandoned mine shafts that emit low levels of radon gas from their walls. Miners in the onetime gold, silver, and uranium mines learned that working in the mines had a wonderful effect on their arthritis and other structural ills. When the mines were abandoned a half century ago, ordinary people began seeking relief there.

Over the years, Basin has become a tiny wide spot in the road, only 150 people away from becoming another of the ghost towns in the area. The nearest stores are now 13 miles away, in Boulder. But still the lame and the halt come, staying in their own motor homes or trailers rented by the mine.

Best known and most popular of these mines is the Merry Widow, but Earth Angel, Sunshine, Lone Tree, and Free Enterprise (the latter in nearby Boulder, Montana) all have their fans. The Merry Widow is open from March 1 to November 15; visitors can expect snow at both those extremes. During the summer months, though, Basin has a gentle mid-to-high-seventies temperature range.



At 55 degrees, the cool temperature doesn't discourage chit-chat while waiting for pain relief in the Merry Widow Health Mine in Montana

The folk wisdom that a few hours in the mines can do wonders for what ails you infuriates the scientific establishment, which insists that the Linear No Threshold (LNT) standard—zero, in other words-is the only acceptable measure of ionizing radiation risk. [Radon is an odorless, colorless, tasteless gas that results from the breakdown of uranium.] The thousands of word-of-mouth testimonies. as well as Asian and European studies, are dismissed as anecdotal.

A few scientists have attacked the LNT standard as unduly demanding, as well as unattainable in parts of the country where radon gas emits naturally from basements. These scientists have endorsed the antiestablishment theory of hormesis, which states that low dose ionizing radiation is not only safe, but health-

enhancing. One such study of Worcester County, Massachusetts, where natural radiation levels are widespread, found a 60 percent reduction in the risk of lung cancer.

The people who come to the Merry Widow and other health

mines cite their own experience as evidence of radon's benefits. They also cite their pets. The Merry Widow has a Poodle Parlor, a separate room for dogs and cats, and the tales of miraculous cures are

endless. Pet

evidence

of arthritis recovery is particularly treasured because, it is pointed out, there can be no placebo effect. When your stove-up dog emerges from the mine chasing Frisbees again, it can't possibly be because he has kidded himself into thinking he's better.

Happy travelers Dick and Elaine Stannard of Seattle say time at the mine helped their arthritis pain.

Here they are seen learning a new "profession" aboard a cruise ship.

My own experience in the Merry Widow echoes those dogs'. I have arthritis in both hands which clears up after two or three one-hour visits. It's not an unpleasant way to spend an hour. Just be sure to wear a coat or sweater. The mine shaft is a cool 55 degrees year-round. The shaft, about 300 feet into the mountain, is well lighted and lined with comfortable chairs and benches. There're always a dozen or so people there, chatting, playing cards, swapping home town information, or just napping.

The folk wisdom is that a few hours in the mines can do wonders for what ails you

These mines are not alone in treating joint ailments with low level radon. Lavish spas in Europe and Japan use this therapy, some for hundreds of years.

The mines are on Interstate 15 in northwestern Montana, an easy two-day drive from Seattle. If you don't drive, you can fly into either Helena or Butte and the mine will arrange to pick you up. But distance is no impediment. On a recent visit there, the guests included people from Korea, Japan, New Hampshire, and Florida. Canadians flock to the mines.

The Merry Widow recommends 30 one-hour stays in the mine, spread over 10 days, but many are helped in much less time than that.

For more information on the Merry Widow Health Mine visit www.merrywidowmine.com or call 1-877-225-3220.

F.Y.I.

World's Best Spas

Travel & Leisure Magazine
"World's Best" issue listed the top ten
U.S. destination spas as:

- 1. Cal-a-Vie, Vista, CA
- Golden Door, Escondido, CA
 Mii amo, A Destination Spa at
- Enchantment, Sedona, AZ
- Miraval Resort, Catalina, AZ
 Mayflower Inn & Spa,
- Washington, CT
- 6. Canyon Ranch in the Berkshires, Lenox, Massachusetts
- 7. Canyon Ranch, Tucson, AZ

8. La Costa Resort, Carlsbad, CA 9. Lake Austin Spa Resort, Austin, TX 10. The Oaks at Ojai, Ojai, CA They also listed the Grand Wailea Resort Hotel & Spa as Hawaii's best spa.

Anti-Aging Spa Retreat

A new breed of destination spa is cropping up around the country – the longevity spa. Many of these programs take place in destination resorts. Some



combine options for nonsurgical medical cosmetic procedures along with traditional spa treatments and yoga. Others, such as the Pritikin Longevity Center & Spa, focus on healthy aging lifestyles such as exercise and diet to improve heart-health, control diabetes and other health concerns often associated with aging.

associated with aging.
OneLife+ Anti-Aging Wellness
Resorts adopt a high-tech approach
using lab tests to determine your aging
and disease status, then prescribe

medical or spa treatments, such as laser skin treatments or hyperbaric chambers for cell repair. A quick Internet search will yield several options.

Washington State's Soap Lake was once one of the most well-known mineral spas in the country. According to their website (www.soaplakewa. com), before the development of sulfa drugs and penicillin, Soap Lake, and spas at Saratogy Springs, New York, White Sulfur, West Virginia, and Hot Springs, Arkansas were Meccas for the treatment of disease, illness and injury. Soap Lake's healing waters still offer a quiet destination.



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Northwest Prime Time's "Positive Aging" page is brought to you by this month's sponsor Chateau St. Laurent, a new, premier Refundable Entry Fee Community opening in Bothell in 2009

Active Senior Fair



Enjoy this fun, FREE, day-long event featuring a fashion show and a variety of entertainers. Sit in on mini-seminars, stroll through vendor exhibits highlighting a

wide range of Eastside businesses and organizations and take advantage of free health screenings, discount coupons and door prizes. The entire day is geared to the active senior. Saturday, March 14, 10am-3pm, at Westminster Chapel, 13646 NE 24th Street in Bellevue. Free parking. Call 425-688-5800 for more information.

Age in Place Communities

A grass roots effort is forming dedectated to insuring that as we grow older we can continue to live in our own home and in the neighborhood we love. This innovative approach to "aging in place" is based on successful models from around the country and is inspiring neighbors to organize, incorporate, and take charge for their own future. Seattle's first "village" is forming to serve northeast Seattle (U. District, Laurelhurst, Sandpoint, Hawthorne Hills, Ravenna, View Ridge, Wedgwood, Roosevelt, Meadowbrook and Maple Leaf).

Examples of services offered: (1) one number to call for everything you need; (2) transportation to the doctor's and weekly grocery shopping; (3) referrals to all kinds of in-home help; (4) volunteers to assist you at home or around town; (5) fitness programs and walking groups; (6) social and educational events. Membership is open to all ages who pay a membership fee. Attend an informational meeting on Wednesday, February 4 from 5:30pm-7pm, or Friday, March 13th from 1-2:30pm; or Thursday, April 16 from 3:30-5pm. All meetings will be held at NE Seattle Public Library, 6801 35th Ave.NE.

Can't make a meeting but want more information? Call Debbie Anderson at 206-527-0241 or anderson.deborah8@gmail.com.

Healthcare Funding

Funding Health Care: Medicare, Medicaid and Long-Term Care Insurance will be the topic of the Wechesday, February 11, Jewish Family Service (JFS) workshop open to all to be held from 6:30-9:00pm at JFS, 1601 16th Avenue South, Seattle. Pre-registration is encouraged. For information, visit www.jfsseattle.org or call Adam at 206-861-8784.

Senior Lobby Days

The Washington State Senior Citizen's Lobby invites you to attend the annual Senior Lobby Day on Tuesday, February 17. The event is to alert concerned seniors to issues affecting them, and to ensure that their concerns are heard in Olympia. Registration for the event begins at 8:30am with coffee and rolls. The program features Governor Gregoire, who along with other elected officials will address the gathering. Lunch will be provided from 12-1pm. The organization suggests you schedule an appointment with your legislator in advance (information on how to do this is available on their website, www.waseniorlobby.org). Meet at United Church in Olympia, 110 11th Ave SE. For more information, visit the website or call 360-754-0207.

Another lobby day in Olympia of interest to seniors is the Alzheiner's Advocacy Day on February 10. Legislative appointments will be scheduled by the Alzheimer's Association. Talking points, handouts and training provided. For information or to register call 800-848-7097 or email patricia.hunter@alz.org.

The Purpose Prize

The annual Purpose Prize awards \$100,000 to social entrepreneurs age 60 or older. The 2008 awards, announced last month, included a winner who put his mechanical know-how to invent a \$28 machine to help rural African villagers shell peanuts more efficiently. Another winner rallied hundreds of local volunteers to help thousands of refugees. The six \$100,000 winners and nine \$10,000 winners were chosen from more than 1,000 nominees for their work tackling problems ranging from poverty to pollution to health care.

"We need more creative solutions to long-standing social problems," said Marc Freedman, co-founder of The Purpose Prize and author of Encore: Finding Work That Matters in the Second Half of Life. "It's reassuring to note that as America ages, we have creativity in greater abundance. Purpose Prize winners, ranging in age this year from 61 to 72, show that experience and innovation can go hand in hand, that inventiveness is not the sole province of the young." For more information visit www.purposeprize.org.

Then and Now



Jim Keeffe, III and his father Jim Keeffe Jr. Photo credit: Joshua Adam Hicks / Bellevue Reporter newspaper.

THEN: 85-year old Lt. James H. Keeffe, Jr. of Seattle, a B-24 pilot during WWII, was shot down and bailed over Holland on March 9, 1944. He evaded German troops for five months, but was eventually captured and sent to Stalag Luft III. In January, 1945, the prisoners were marched 52 miles and then transported in box cars to Moosburg, Bavaria where they stayed until liberated on April 29, 1945.

NOW: His son, Jim Keeffe, III, paid tribute to his dad. Last month, he, along with a group of more than a dozen "Kriegie Kids" – both men and women (who are now many decades older than their fathers had been), re-enacted the forced march. They passed by the same weathered barns where their fathers

slept, and visited the Catholic church where the prisoners crowded in for warmth and refuge sixty-four years earlier. The marchers will stop in Spremberg where their fathers, many of whom were sick and exhausted, were finally fed some warm barley soup before they were loaded into the over-crowded boxcars. The elder Jim Keeffe said he thinks they are crazy to do this march in winter - but he is also quite proud and touched by the reenactment. For more details about the trip visit the group's blog at www.cloudcorridor.blogspot.com.

Seniors Cheer their Local Champ



Fans Dar and Don Hawley attended the game on their 67th wedding anniversary!

Lindsey Moore, regarded as the best female high school basketball player in the state and a Senior at Kentwood High School, the #1 ranked basketball team in Washington, was thrilled to reserve the first-two rows of

court-side bleachers for 26 senior citizens attending her basketball game last month. Lindsey is ranked on ESPN and has received a fullride scholarship to University of Nebraska. The coach from the University of Nebraska gave fan pins to some of Lindsey's biggest fans: residents of Chateau at Valley Center retirement community, where Lindsay works as a dining room server. The residents, aged 70s to 90s, enjoyed bleacher cushions and other sport paraphernalia courtesy of Lindsey and Kentwood. The residents, who were joined by several Chateau employees, were ecstatic to cheer wildly for a favorite employee and nationallyrenowned local high school athlete.

Carrier Alert

A new, free, Tacoma area program utilizes the unique daily presence of local letter carriers in the lives of vulnerable seniors who live alone. "Carrier Alert" is a partnership between the Tacoma Post Office and the Pierce County Aging and Disability Resource Center. Letter carriers keep a watchful eye on registered seniors on their route and notify the

Aging and Disability Resource Center if they have a concern about one of their customers. An ADRC specialist then makes safety checks on registered participants. Application forms for "Carrier Alert" are available at post offices in participating communities as well as at all Tacoma & Pierce County Library branches in those areas. Forms can also be obtained by calling the ADRC at 253-798-4600.



We believe life should inspire you.

Information about this month's Positive Aging sponsor, Chateau St. Laurent, can be found on page 20

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Life Perspectives

Unchained Memory

.. by Sara J. Glerum



Oh, my love, my darling, I've hungered for your touch, a long, lonely time.

Sara I. Glerum

There I am.

stepping to music and sweating alongside a dozenand-a-half other

senior women in my aerobics class when suddenly "Unchained Melody' blasts out over the sound system. But instead of the ballad I remember from high school days, it's jazzed up with a pronounced beat, so that even if we forgot our hearing aids we can still keep moving to the music.

Out-out, in-in, march in place!" calls the aerobics instructor, and we all step together, like one big stand of aspen, our feet, amazingly enough, moving in unison.

Unchained Melody" was on the radio everyday the summer of my first kiss. I was fifteen, and my love, my darling was four-hundred miles away. If I close my eyes right now I

can see his freckled face and sandycolored hair, and feel the electrical current zinging through my body with that kiss. He was past his curfew, but how sweetly he looked back at me-standing on my front porch, moonstruck and smitten—as he sprinted down the street toward his neighborhood.

Time goes by so slowly . . . I release a small giggle as I change feet for front kicks. SLOWLY? Now time is the little red BMW roadster hell-bent on passing every other car on the freeway. But in 1955 when "Unchained Melody" first made it to the Hit Parade, time was a stodgy old-person driving twenty miles under the speed

"Scoop to the right," bids our teacher like a square-dance caller. "Scoop to the left . . .

I am glad I'm not clairvoyant. Knowing I'd be working out to "Unchained Melody" alongside fellow oldsters fifty-plus years later might have taken the fun out of the journey. Oh, I can't find fault with all of the

lyrics-certainly not with and time can do so much. Take, for instance, my body. It's sagging, malfunctioning, and wearing out. Flapping where a body shouldn't flap, loose in the skin, stiff in the joints. Yes, time can do so

"Grapevine left," and we're all dancing sideways. "Grapevine right," and we roll the other way, a giant people-wave washing up on the wall.

Every year within a few days of school's letting out, our family departed for our lake house in Idaho. It had been my favorite place on earth until the kiss. That year it felt like prison! I couldn't bear to think about how long it would be before I saw him again. As I moped around the cabin, "Unchained Melody" became my song, especially the words Are you still mine?

Toe, heel, toe, heel, toe, heel toe-e-e-." My classmates and I carry out perfectly choreographed movements-thumping our feet rhythmically to the jazzy sounds. "If this hurts, tone down your movement," our instructor reminds

Oh, it hurt all right—that separation. I never knew before what it meant to long for someone. I joke at their sentimentality-Lonely rivers flow, to the sea, to the sea-but in the context of my summer-home isolation, the lyrics were perfect. I hadn't even noticed him before the ninth-grade graduation dance, and now I wanted to tell him, I need your love, God speed your love to me.

He walked me home after the dance. It was June, mild, starry-skied. My three-inch heels were killing me so I took them off and ruined my nylons walking on pavement. We held hands the entire way. He opened the gate to our yard and instinctively headed for the arbor where fragrant wisteria, as well as romance, was blooming.

"Find your pulse," calls our instructor as she changes the tape to something more relaxing.

My heartbeat is up—the strenuous workout, no doubt—but there's a little ache in it I can't explain.

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February is Heart-Health Month

Take the Go **Red Heart** Checkup

American Heart Association says cardiovascular diseases, which include heart disease and stroke, are the No. 1 killer of American

claiming about one life per minute. While the statistics are scary, there's good news: you can take significant steps to reduce your risk.

"Heart disease affects women of all ages and can profoundly change your life," says Natalie Spann of Federal Way, Wash., who was diagnosed with cardiomyopathy at age 33, not long after the birth of her son. "I never thought it would happen to me. It's very important for women to realize that most forms of heart disease are preventable, that heart disease does not discriminate against race, age or sex, and that women have the power to protect their hearts.'

The American Heart Association's Go Red For Women movement is urging women to know important health numbers that indicate their likelihood of developing heart disease.

The heart association recommends keeping track of total cholesterol, LDL ("bad" cholesterol), HDL ("good" cholesterol), triglycerides, blood pressure, fasting glucose, body mass index, waist size, and amount of exercise. In addition, women can visit www.GoRedForWomen. org to take the Go Red Heart CheckUp, a free, interactive, online assessment tool. A woman can enter information into the questionnaire and within seconds, she'll get an easy-to-read report that evaluates her risk of having a heart attack or other cardiovascular event within the next decade, identifies risk factors that can be changed and provides a personalized action plan that can be printed and used as a basis for discussing heart-health with her doctor

While more than half of women are now aware that heart disease is the leading killer, a recent American Heart Association survey reveals that only 13-percent feel that heart disease is the most serious threat to their health.

To learn more about heart disease in women and steps a woman can take to protect her heart, visit www GoRedForWomen.org or call the American Heart Association at 1-888-MY-HEART. *

Wear Red Day at **Bellevue Square**

Get your girlfriends together and unite in the fight against heart disease. Learn ways to love your heart while visiting Bellevue Square's Living In Style event. Meet celebrity chef and mixologist Kathy

Casey and lifestyle expert Kelley Moore for great ideas on showcasing "heart health" while entertaining. Kathy and Kelley take the stage at 6:30pm at the Center Court in Bellevue Square. Plus, "swag bags for 50 lucky ladies in the audience! February 6, 6:00-8:00pm. Free!

The first step to heart health? Know and understand the numbers that matter most. These numbers can help you and your doctor determine your risks and mark the progress you're making toward a healthier heart. Use these numbers to complete the Go Red Heart CheckUp at GoRedForWomen.org

Factor	My Number	Recommended
Blood Pressure		<120/80 mmHg
Total Cholesterol		Less than 200 mg/dL
Fasting Blood Glucose		<100 mg/dL
Triglycerides		<150 mg/dL
Body Mass Index (your body weight relative to height)		<25 Kg/m2
Cigarettes Per Day		0
Waist Circumference		<35 inches
Minutes of Exercise Per Day		30

If you are unable to fill in all the blanks, consider scheduling a visit with your doctor - your heart health depends on it.

Health Matters

Stroke Awareness: Time Matters

..by Gloria May, M.S., R.N.



Gloria May

most) will be quite frank about it: they want to live as long as they can but only if they are reasonably well

Many

people (if not

and self-sufficient. In fact, to some, the prospect of living with a disability is worse than not living at all.

Strokes are the number one cause of major disabilities in our country, affecting over a million people and their families. Thirty percent of stroke survivors will need help with basic selfcare, ten percent will require nursing home or long-term facility support.

Most commonly, strokes leave Paralysis or weakness on one

continued on page 7

Did you know that brisk walking can help you live longer?



Learn and Live.



In fact, for every one hour of regular, vigorous exercise, adults may gain up to two hours of life expectancy. Cardiovascular disease is our No. 1 killer but you can substantially reduce the risk of coronary heart disease by adding just 30 minutes of physical activity to your routine at least five days a week

Send for a free Walking for a Healthy Heart brochure.

The American Heart Association also has materials that provide useful information on wills, estate and charitable gift planning to help you create or update your will, one of the most important and vital documents you will ever sign. For any of these helpful and free brochures, call 1-800-562-6718 ext 8641 or fill out the form below and mail to the AHA.

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- Please put me in touch with an American Heart Association representative.
- I am considering a gift to the American Heart Association through my estate plan.
- I have included the American Heart Association in my estate plan.

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Date of Birth

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Get Moving For Better Health!



Medical Minutes

.by John Schieszer



Drop Some Pounds and Save Your Hips and

New research shows that being overweight, particularly if you have a higher than average body mass

index, may increase your risk for developing severe osteoarthritis in your hips and knees.

Osteoarthritis is the most common joint disease affecting middle-age and older people. It is: characterized by progressive damage to the joint cartilage and causes changes in the structures around the joint. These changes can include fluid accumulation, bony overgrowth, and loosening and weakness of muscles and tendons, all of which may limit movement and cause pain and swelling.

Recently, Swedish researchers conducted a study with more than 27,000 men and women between the ages of 45 and 73. They found that having a higher body mass index (BMI) significantly increased the risk of developing severe hip or knee osteoarthritis for both men and women.

"(Being) overweight is one

of the few factors leading to osteoarthritis that we can actually do something about," said study investigator Dr. Stefan Lohmander, who is from Lund University, Lund, Sweden. "Understanding the connection between being overweight and getting osteoarthritis, and the size of the risk, is therefore important when considering disease prevention. We have shown that the risk increase starts already with being moderately overweight, and increases with each further increase in body mass. This is true for men and for women, and for knees and for hips."

Exercise Helps Prevent Agerelated Brain Changes in Older Adults

Older adults who exercise regularly show increase cerebral blood flow and a greater number of small blood vessels in the brain. At least that is the latest finding from researchers at the University of North Carolina- Chapel Hill.

"Our results show that exercise may reduce age-related changes in brain vasculature and blood flow," said study investigator Feraz Rahman. "Other studies have shown that exercise prevents cognitive decline in the elderly. "The blood vessel and flow differences may be one reason.





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The researchers recruited 12 helathy adults, age 60 to 76. Six of the adults had participated in aerobic exercise for three or more hours per week over the last 10 years, and six exercised less than one hour per week. All the volunteers underwent MRI scans to determine cerebral blood flow and MR angiography to depict blood vessels in the brain.

Using a novel method of three-dimensional (3-D) computer reconstruction developed in their lab, the researchers were able to make 3-D models of the blood vessels and examine them for shape and size. The researchers compared the blood vessel characteristics and how they related to blood flow in both the active and inactive groups. The results showed that the inactive group exhibited fewer small blood vessels in the brain, along with more unpredictable blood flow through the brain.

"The active adults had more small blood vessels and improved cerebral blood flow," said senior study author Dr. J. Keith Smith, who is with the University of North Carolina Chapel Hill School of Medicine, Chapel Hill, North Carolina. "These findings further point out the importance of regular exercise to healthy aging."

Colon Cleansers May do More Harm than Good

Physicians are now sounding a warning about unproven benefits and potential harms that may come from controversial detox diets. These diets are very popular this year and some doctors believe they may do more harm than good. Currently, special diets, pills, powders, and enemas are being touted on the Internet as a way to rid the body and colon of toxins. However, before you buy any of these products you may want to first talk to your physician.

Not only are colon cleansers unnecessary, colon cleansers could imbalance the body's fluids and lead to dehydration, salt depletion and low blood pressure. "The lining of the gut regenerates about every seven days, so you probably don't need colon cleansers," said Dr. Anne Larson, who is with the University of Texas Southwestern Medical Center, Dallas. Texas.

She said the long-term dangers of colon cleansers are anemia, malnutrition, heart failure, and breaking the colon wall. Unclean enema equipment may also lead to infections. So what should you do if you're worried about a buildup of toxins because of constipation? "Stick with what's proven to be safe," said Dr. Larson, who is a digestive and liver diseases specialist. "Drink plenty of water, and eat food high in fiber such as fresh fruit, vegetables and whole grains." *

John Schieszer is an award-winning national journalist and radio broadcaster of The Medical Minute. He can be reached at medminutes@aol.com.

Stroke Awareness: Time Matters

...continued from page 5

side of the body (the side opposite the side of the brain where the stroke occurred), and/or

- Difficulty in understanding or in forming speech, and/or
- Problems with memory, complex mental processes, control of emotions, and/or
- Pain that is difficult to manage.

One reason stroke survivors are so often left with such life-altering disabilities may just be because that despite great advancements in the first-line treatment of strokes, only 1-3% of stroke victims get medical attention quickly enough for these interventions to work as well as they could. And time does matter: There is a thirty percent greater chance of being "normal" after a stroke if treatment is begun within three hours of the onset of symptoms.

That does not mean that stroke patients have three hours to seek care; it means that they have about one hour because an accurate diagnosis must first be made before appropriate treatment can be begun. Not only are there are two major categories of strokes, each one calling for its own treatment protocol, but there are a number of other conditions that may look like strokes but which aren't

It's essential to seek emergency medical attention immediately if you or someone you are with are showing signs of a stroke

and which require their own unique therapies. Diagnosis takes time!

It's essential to seek emergency medical attention as quickly as possible if you or someone you are with are showing signs of a stroke (1) sudden numbness, weakness, or paralysis of the face, arm or leg, especially on one side of the body,

(2) vision problems such as double vision or loss of vision in one or both eyes, (3) confusion, difficulty speaking or understanding what you hear, (4) trouble walking, dizziness, loss of balance or coordination, or (5) an out-of-the-blue severe headache — even if these symptoms abate within a short period of time. This quick resolution of signs or symptoms could indicate a transient ischemic attack (TIA or "mini" stroke) which should be evaluated with the same urgency as a "real" stroke.

Of course it is better to avoid a stroke in the first place than to have to deal with it. And eighty percent of strokes are preventable! Quit smoking, manage your diabetes, watch your blood pressure, take your atrial fibrillation medication, lower your cholesterol, don't drink to excess. But if you do have a stroke or a TIA, remember, it's an emergency that requires immediate attention.

Gloria May is a registered nurse with a master's degree in health education. Contact her at gmnursenews@hotmail.com

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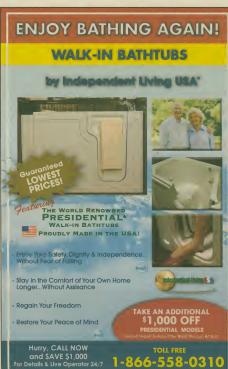
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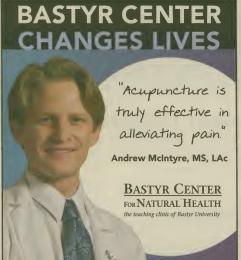
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Naturally Healthy

Promoting Dental Health with Diet

...by Carol White and Debra Boutin, MS, RD

Keeping your teeth healthy and strong is one of the best things you can do to ensure well-being throughout your life. You need healthy teeth to eat well and you need to eat well to keep your teeth healthy. The best

preventive care for dental health is to brush and floss after every meal and visit the dentist regularly, but there is more you can do for your teeth by making the right choices when you eat. The stronger

your teeth, the less susceptible they are to disease or decay. The same nutrients that keep bones healthy - calcium, phosphorous, vitamin C, and vitamin D* – are also crucial for strong teeth. Getting enough of these nutrients is important throughout life, not just when you are young and your teeth are being formed. Eating plenty of fruits, vegetables, and whole grains will help your immune system defend the health of your mouth from the The most common result of poor

dental hygiene is the development of cavities. The bacteria that is naturally present in the mouth is partially responsible for creating the conditions for cavity formation. Your best dietary defense is to avoid "feeding" these bacteria. In general, foods that are sweet, starchy, or sticky (chips, crackers, cereals, breads, and cookies) are most likely to stick to the surfaces of your teeth where the

bacteria live, giving them the fuel to create optimal conditions for tooth

The longer food is in the mouth or on the surface of the tooth, the more time bacteria has to work. Hard

candies and breath mints that stay in the mouth for several minutes increase the exposure of teeth to sugar. Liquids move over the teeth more quickly and do not stick to tooth surfaces as much as solid foods. However, because sodas and other drinks

contain compounds that contribute to unhealthy conditions in the mouth, it is always a good idea to brush your teeth or rinse your mouth with water after eating or drinking.

A more serious result of poor dental hygiene is periodontal disease, an infection of the tissues surrounding the teeth. This can cause swollen and bleeding gums and may lead to loosened teeth or tooth loss, all of which can make eating difficult and painful. Moreover, bleeding gums create a door for oral bacteria to enter into the bloodstream, increasing the risk of inflammation and infection in important organ systems such as the heart and lungs.

The good news is that there are foods you can eat that do not contribute to tooth decay. These foods include protein (meat, fish, poultry, eggs), fats, and vegetables, and the key to their protective





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benefits is that they must be eaten last as part of your snack or meal. Nuts and unsweetened dairy products contain both protein and fat, so finish your snack or meal with a glass of milk, a piece of cheese, or a handful of nuts. Vegetables are beneficial because they are low in sugar and high in fiber, a natural toothbrush. Gum sweetened with xylitol, a sugar substitute, inhibits the activity of oral bacteria, and the action of chewing gum increases secretion of saliva, naturally counteracting the conditions that contribute to cavity formation.

...there is more you can do for your teeth by making the right choices when you eat

Taking care of your teeth requires daily attention to your eating and hygiene habits, and the results are well worth it. So, maintain a healthy mouth. And know that the only side effects will be a brighter smile, sweeter breath, and the ability to enjoy eating delicious food for your entire lifetime!

* In the Pacific northwest. limited sunlight increases our chances of vitamin D deficiency. Current research suggests that vitamin D may be even more important to bone and dental health than dietary calcium, so talk to your doctor about taking a vitamin D supplement.*

Non-profit, accredited Bastyr University (bastyr.edu) offers multiple degrees in the natural health sciences, and clinical training at Bastyr Center for Natural Health (bastyrcenter.org), the region's largest natural medicine clinic

Warm Broccoli Walnut Salad

Adapted from Sunset, April 2004

12 ounces broccoli, cut into 1-inch pieces 1 1/2 teaspoons olive oil

1/8 teaspoon salt 1 1/2 tablespoons

balsamic vinegar 1/2 teaspoon Dijon mustard 1/3 cup chopped toasted walnuts 1/2 cup frisée leaves Pepper

Mix broccoli, oil, and salt. Spread in single layer in baking pan. Bake in 450° oven, stirring occasionally, until browned and tender, 20 to 25 minutes. Mix balsamic vinegar and mustard in a bowl. Add broccoli. walnuts, and frisée and toss. Add salt and pepper to taste.

F.Y.I.

Hearing Devices Go Wireless

Feeling "unconnected" with family, friends, colleagues and many essential conveniences of modern life such as cell phones and TVs is a concern voiced by many people with hearing loss. A new advanced technology hearing solution can quickly remedy that situation.

Evergreen Speech and Hearing Clinics in Bellevue, Kirkland, and Redmond were among the first hearing care facilities in the U.S. certified to fit patients with Dual, a state-of-the-art hearing solution that can help to restore a more natural listening experience.

"Even a mild hearing loss can make it challenging to distinguish speech and other sounds in the environment, so that it becomes difficult to understand what is going on," explains Dr. Limb of Evergreen. "The result is that people with untreated hearing loss often end up feeling flawed and isolated. Even before people come to appreciate the considerable benefits of Dual's advanced technology, they are 'wow-ed' by its small, sleek design that fits discreetly and almost invisibly behind the ear," says Dr. Limb.

"Dual helps people with hearing loss to hear better and understand more spoken words in any listening environment, even in challenging listening environments like restaurants and social gatherings," he points out. "Two Dual hearing devices actually 'talk' to each other, simulating the way the brain naturally processes sounds coming from different directions." By operating as a virtual "sound compass," Dual enables wearers to more easily identify who is talking, especially when voices or sounds come from different areas

of the room. With Dual, people with hearing loss have the option of using a companion device called Streamer that enables Dual users to wirelessly connect to landline and cell phones, TV systems and other popular personal entertainment systems. "Patients simply press a button on the Streamer to receive phone calls in both ears -- digitally processed to accommodate the user's individual hearing loss," explains Dr. Limb. "Dual makes it possible to have a normal conversation on the phone - something that is difficult for people with hearing loss," Dr. Limb notes. Dual's comfortable open fit design eliminates feedback and whistling and the annoying "plugged up" feeling many experience with traditional hearing aids. Enjoying television once again as a group activity is

another benefit of Dual. "Now my

patients can understand television audio from anywhere in the room at a volume that won't disturb others," he states.

The Dual family of hearing devices can accommodate over 80 percent of hearing losses

and a broad range of listening preferences and budgets. For more information about hearing loss and the new Oticon Dual, contact Evergreen Speech and Hearing Clinic at 425.882.4347 or visit www.everhear.com.

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see. Dr. Ross Cusic is using miniaturized binoculars or telescopes to help people who have lost vision from who have lost vision from eye conditions.

"Some of my patients consider me the last stop for people who have vision loss," said Dr. Cusic, a low vision Optometrist. "People don't have vision of the last stop for people who are very experienced to who are very experienced for the vision corr."

Macular Degeneration is the most senior population. As many as 25% a many as 25% exception of degeneration. The macula is one small part of the entire retina, but it is the most sensitive and gives us sharp images. When it degenerates mucular some smucular degeneration leaves a mucular degeneration leaves a mucular degeneration leaves as mucular degeneration leaves as macular degeneration leaves a blind spot right in the center of vision making it impossible to recognize faces, read a book, or pass the driver's vision test

The experts do not know what causes macular degeneration. But it is known that UV light from the sun is a major contributing factor. Other factors are smoking, aging of course, and improper nutrition. 15% to 20% of the time it is genetic.

time it is genetic.

There are two types, wet and dry. The wet type involves leaky blood vessels and can be lasered shut. Unfortunately, it's a temporary fix since other leaks usually occur.

Nine out of ten people who have meaning descriptions.

who have macular degeneration have the dry form. New suggests vitamins who have macular degeneration have the dry form. New research suggests vitamins are supported to the support of the support of patients treated with a high-dose combination of vitamins experienced improved vitamins experienced vitamins experienced vitamins on the advise of a fired. The draw discussion of the experience of the experien

Bioptic Telescopic glasses were prescribed to read signs and see traffic lights farther away. As Carole put it, "These telescopic glasses not only allow me to read signs from a farther distance, but make driving much easier. I've also used them to watch television so I don't have to six so close-definitely worth the \$1950 cost. I don't know why I waited two years to do this; I should have come sooner."

should have come sooner."
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Overpower Pain

Strength-Training to Stop Pain without Drugs or Surgery

...reviewed by Elinor Nuxoll

More than 55 million Americans have experienced chronic pain lasting more than three years. Even more suffer from back pain; lower back pain is the number two reason that Americans see their doctors. More and more people try to ease their pain with over-the-

counter or prescription drugs or surgery. But Mitchell Yass, physical therapist and author of Overpower Pain: The Strength-Training Program that Stops Pain without Drugs or Surgery, shows that such pain may be caused by muscular imbalance and weakness rather than physical injuries, herniated discs, or arthritis. His book demonstrates how this type of pain can be eliminated through strength training.

Answering five key questions is the first step in determining if pain is caused by muscle weakness or imbalance or if it is the result of an ailment that will require a doctor's attention. What brought on the symptoms? Does activity lessen or



worsen the symptoms? Using the comprehensive program he has developed, Yass includes illustrations and detailed instructions to help readers return to full functioning capacity. Instructions are included

for every part of the body:

the neck, lower back,

shoulder, elbow, wrist,

hip, knee, ankle and foot.

The book is well illustrated with photos and line drawings and ends with a glossary and progress charts. Yass has worked with all ages, from children as young as six to people in

In addition to strength training, Yass also highly recommends walking. Many people do not appreciate the value of walking. It increases the heart rate thus helping in weight loss and cardiovascular conditioning. Maximizing your strength, flexibility and endurance allows your body to perform at maximum efficiency.

Overpowering Pain is available at bookstores and online. *

Welcome Dr. Ren



Dr. Pearl Ren joins The Polyclinic as the clinic's first physician to offer physical medicine as a specialty. Dr. Ren is an interventional pain specialist with expertise in spine conditions such as strains, bulging discs and pinched nerves; joint problems such as tendonitis, bursitis, strains and sprains, and sports injuries. With offices located at The Polyclinic's First Hill campus, Dr. Ren can be reached at 206-860-5470. Since its inception in 1917, The Polyclinic's mission has been to promote the health of

its patients through high-quality, comprehensive and personalized care. For more information, visit www.polyclinic.com.



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This special issue of Northwest Prime Time is chock-full of healthy aging tips and advice from the experts on how to live to a ripe old age. Learn about upcoming healthy aging workshops, where the world's longevity hot spots are located, and how adopting the optimal lifestyle can give you up to 10 more good years of life. To your health!

Lessons for Living Longer from the People Who've Lived the Longest

Here's some good news: The average American can look younger, feel younger and avoid about 70 percent of the things that foreshorten his or her life. Studies show that habits, as opposed to genes, determine up to 90 percent of life expectancy. Adopting the optimal lifestyle, experts say, can give us up to 10 more good years of life. But how?

Dan Buettner, author of the bestselling THE BLUE ZONES: Lessons for Living Longer from the People Who've Lived the Longest (National

Geographic Books, 2008), wants to show you how.

The term "Blue Zone" originated in the highlands of Sardinia where a cluster of people enjoy extraordinary

longevity—living to 100 yearsold at a rate more than twice the average for the rest of Italy. Residents of Sardinia also suffer a fraction of the diseases that commonly kill people in other parts of the developed world. Scientists named this region and others like it "Blue Zones," or longevity hotspots. So far, in addition to the Barbagia region of Sardinia,
Buettner has
identified
other Blue
Zones include
Okinawa, Japan,
a community
of Seventh Day
Adventists in
Loma Linda,
Calif., and
the Nicoya
Peninsula in

The project began when Buettmer embarked with his team of demographers and scientists on what would become a massive, seven-year effort to identify and meticulously research the world's Blue Zones. Crossing the globe to uncover the extraordinary accounts of the oldest people on the planet,

Buettner examines how their unique lifestyles correlate to their remarkable longevity.

The Blue Zones examines the common threads amongst these diverse populations in order to develop a formula of the world's best practices in healthy longevity.

In his book Buettner introduces longevity all-stars like Ushi Ukushima, who grows most of her own food and is a frequent party



104 years old, Giovanni Sannai, who, at 103 beat Buettner in arm wrestling (for real!), and Dr. Ellsworth Wareham, a practicing surgeon

who still performed open-heart surgery at 93.

Buettner writes, "It's not coincidence that the way these people eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yield them more good years of life. To learn from them, we need only to be open and ready to listen."

Buettner explains, "You will not find longevity in a bottle of diet pills or with hormone therapy, but by embracing this a la care menu of a few simple but powerful habits, and by creating the right community around yourself." In THE BLUE ZONES, he blends his lifestyle formula with the latest longevity research to inspire lasting behavioral change and add years to your life.

THE BLUE ZONES also points

readers to an online tool called the Vitality Compass which gives you a starting point against which to measure your longevity lifestyle. The Vitality Compass asks a series of questions and calculates 1) your potential life expectancy at your current age; 2) your healthy life-expectancy — the number of good years you can expect to live; 3) the number of extra years you are likely to gain if you optimize your lifestyle. It offers a customized list of suggestions to help you with that plan.

They cross the globe to uncover the extraordinary accounts of the oldest people on the planet

Buettner's methods are intended to help people put these practices to work in their own lives. In short, he aims to help everyone live within their personal "Blue Zone."

For more information about Dan Buettner and THE BLUE ZONES, visit www.bluezones.com. *



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The Art of Aging: How to Live to 100

Information abounds on the subject of healthy aging, and cuttingedge research reveals more about the aging process every day...along with tantalizing glimpses of the fountain of

And while the mysteries of longlife are slowly revealing themselves in this modern age of scientific research. most of the "secrets" remain the same as in your grandmother's day.

Living a long and healthy life comes with same sage advice as always - the "how to's" include a healthy diet, regular exercise, connecting with others and managing your stress. But science is uncovering the "why's" behind this age-old recipe for healthy aging, along with some very specific suggestions.

The keys to living longer and stronger? The lifestyles of the world's longest-living groups are strikingly similar and can be incorporated into all our lives: consistent exercise, a healthy diet, social connections and an upbeat attitude. What else do these healthy elders tell us? It's not true that the older you get the sicker you become. Instead, the older you get, the healthier you have been through your lifestyle choices.

Outlined below and on the next several pages is information featuring the primary keys to healthy aging.

Exercise There is no getting around it - exercise is one of the key ingredients of healthy aging and contributes to both physical and

AARP reports that exercise - aerobic and strength training - impacts every cell in the body in reducing the affects of aging. You are never too old to exercise. The American College of Sports Medicine and the American Heart Association released specific recommendations for physical activity for older adults to live a longer, healthier life. These recommendations are:

1) Aerobic Activity: perform. moderate-intensity aerobic activity for a minimum of 30 minutes, 5 days a week, or vigorous-intensity aerobic activity for 20 minutes, 3 days a week. Combinations of moderate and vigorous activity may be performed to meet these guidelines.

2) Resistance Exercise: engage in muscle strengthening activity at least twice a week on non-consecutive days. This exercise should involve the major muscle groups and a resistance weight that allows 10-15 repetitions for each exercise with a moderate to high effort.

3) Flexibility: engage in exercises that increase flexibility on at least two days a week for 10 minutes.

4) Balance: older adults who face a substantial risk from falls should

perform exercises that maintain or improve balance. such as yoga or tai

Older adults with chronic conditions or low fitness levels should work with their healthcare provider to develop an exercise plan. Start slowly - and increase slowly but steadily over weeks or months. and plan to be reevaluated regularly as your abilities improve

You Are What You Eat

Or put another way, what you eat impacts your health and your longevity. Scientists can now point to how foods work at the cellular level. Antioxidant-rich organic fruits and vegetables should be at the top of everyone's list. These foods fight against cellular aging by reversing cellular damage caused by molecules known as free radicals. The damage from free radicals becomes steadily worse with each decade you add to your life but antioxidants inhibit free radicals' abilities to damage your cells. Eat large amounts of colorful organic fruits and vegetables such as spinach, kale, broccoli, spirulina (bluegreen algae), red apples, cranberries, blueberries, blackberries, cherries and grapes. And some experts say to throw in moderate amounts of red wine (1 or 2 glasses a day) and dark chocolate for good measure.

Eat right. Choose "good fats" such as those found in fish, olives, avocados and nuts and seeds. Steer clear of unhealthy "trans fats" (found in vegetable shortening and many baked goods containing the word "hydrogenated" on the label). And don't forget calcium, vitamin D and the vitamin B family.

Don't neglect your digestive health. Work hard to get plenty of fiber. Soluble fiber can be found in oats, apples, citrus and beans. Insoluble fiber is found in whole grains, vegetables and seeds. Probiotics, or healthy bacteria, are beneficial in supporting a healthy digestive tract and boosting your immune system. Probiotics can be taken as a supplement or through fermented foods such as yogurt. Look for "live" or "active cultures" on the container.

Be Happy, Be Healthy

Rather, being happy improves your health and can add years to your life, according to the latest research. Along with diet and exercise, your attitude is a key factor in healthy aging. In fact, starting with your attitude might be the most important task of



all. Optimism and effective coping styles are found to be more important to successful aging than the traditional measures of health and wellness, according to a recent study from the University of California at San Diego. "These findings suggest that physical health is not the best

indicator of successful aging - attitude is," said lead researcher Dilip Jeste. It appears that positive thinking helps you to live longer, but more importantly it improves the quality of your life while you're around.

A positive attitude is difficult to maintain if life feels out of control. Long-term stress can spell danger to our health, especially when we feel we cannot resolve the situation. This type of stress ages our cells, according to the study. Long-term stress can wreak havoc on blood pressure and other body systems, and cause damage to brain cells.

The good news is that exercise, adequate sleep, relaxation exercises (such as deep breathing and meditation), and staying socially connected can all help to relieve stress and boost our health. Take up a hobby. Volunteer. Join a club with like-minded people who share your interests. Work hard to learn to let some things go - excessive worry and holding a grudge are not worth it. And laughter is possibly the best medicine of all!

An exercise to help improve your mood: before you fall asleep each night, think of three positive things that happened that day and analyze why they occurred. Believe it or not, this simple exercise has the research to back it up - it works if you incorporate a habit of "seeking out the positives" into daily living.

An Ounce of Prevention ..

"If I'd known I was going to live this long, I'd have taken better care of myself." This quote is attributed to Eubie Blake, the ragtime legend who was still performing at age 99. Eubie hit the nail on the head. Experts suggest that you should plan for old age - and work for a healthy old age – just as you would for your future financial needs. WebMD, the Internet site providing comprehensive health and medical information, interviewed the experts to learn "best practices" of preparing

They suggest that many diseases

common to older adults can be prevented, forestalled, or minimized with a healthy lifestyle and regular health screenings. "The more you do in middle age to prepare yourself for successful aging, the better," says Sharon Brangman, MD, spokesperson for the American Geriatrics Society.

WebMD outlined the primary health challenges of aging and suggests preventative measures:

1. Work against obesity. The best way to fight it? No secret here - more exercise and reducing caloric intake, but you should increase your healthy fat intake - omega-3 fatty acids and eliminate trans fats completely. Eat a high fiber diet, avoid foods sweetened with high-fructose corn syrup. "In middle age, we should eat foods as close to naturally prepared as possible," advises Brangman.

2. Maintain regular health exams and screenings.

3. Maintain a "heart-health" lifestyle - it's also good for your brain health. These healthy lifestyle factors include: not being overweight, not smoking, eating a low-fat, high fiber diet, and exercising regularly. Brangman says to get your high blood pressure under control and to limit salt intake.

If you have diabetes, keep it under control.

4. Stay active and engaged - learn something new everyday.

5. Arthritis is a leading cause of disability. The keys to prevention: avoid overuse, do steady, regular exercise rather than in weekend spurts, and stop if you feel pain. Managing your weight is crucial to minimizing the pressure on joints.

6. Practice good oral hygiene. Floss daily, brush your teeth twice a day, and go to the dentist regularly.

7. Prepare for retirement, think of it as "the second act" - a chance to pursue those things that make you truly happy, including giving to others. Reach out to friends and family and take advantage of the myriad social opportunities for

> older adults through clubs, senior centers, community colleges and more. Raymond L. Crowel, PsyD reports, "Figure out what you need to be happy. If you have a medical or mental health problem, how will you deal with it?

Make some strategic decisions about how you want to live your life." Many older adults revisit their spiritual beliefs - this can be an important element of facing your mortality.

As AARP says, long life is not found in a bottle, "For all the research, the best way to be a long-lived human seems relatively uncomplicated: eat an antioxidant-rich diet, avoid obvious environmental pollutants such as cigarettes and pesticides, get lots of exercise, and find ways to cope with stress." 💠



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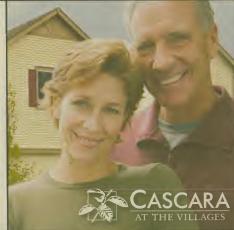
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The Latest on 100-Year-Olds May Surprise You

Guess what? Centenarians are using the latest technology to stay connected to friends, family and current events. That is according to the third annual poll of 100 centenarians conducted by Evercare, a national health care company. Since 2006, the 100@100 survey has provided anecdotal insight into the lives and lifestyles of Centenarians, one of the fastest-growing segments of the populations.

The survey finds that maintaining connections is one of the main keys to longevity. The majority of the centenarians surveyed say that healthy lifestyle choices, rather than genetics, contribute to longevity.

Centengrians are a remarkable generation of Americans whose positive outlook should be an inspiration to us all.

The poll shifts conventional stereotypes on aging by revealing that some of the oldest Americans are using the latest technologies to keep up and stay close - talking on cell phones, sending emails, "Googling" lost acquaintances, surfing Wikipedia. and even online dating.

"We serve Centenarians and other older Americans every day who inspire and educate us about the keys to longevity - they are teaching us what it means to live longer, healthier, happier lives," said Dr. John Mach, a geriatrician and chairman of Evercare. "We conduct the Evercare 100@100 Survey™ to understand the secrets to successful aging and to put those findings into action to better

serve our members helping them maintain their independence and achieve better health outcomes.'

Created to be a cultural snapshot of 100 Americans turning 100 or older in 2008, this

year's survey also polled 900 of those in other generations to compare and contrast the generational findings on topics of maintaining relationships and staying independent.

Among the key findings: Centenarians use latest

technology to stay connected, informed and engaged.

 An apple a day may keep the doctor away ...but these Centenarians say staying close to friends and family is most important to healthy aging (90 percent). Keeping the mind active (90 percent) and laughing and having a sense of humor (88 percent) also ranked high for living longer.

· As many Centenarians as Baby Boomers (3 percent) say they have dated someone they met on an online dating site. Twelve percent of Centenarians surveyed say they have used the Internet and some have "Googled" someone they have lost contact with (2 percent) or have visited someone's personal Web site (2 percent).

· Centenarians stay on top of current events. They have seen a slew of historical presidential match-ups, but a majority of those surveyed say that the 2008 election was more important than previous presidential elections. The most

admired public figure among centenarians surveyed was Franklin D. Roosevelt.

• On a having a lasting relationship, the centenarians say it is very important to have fun and laugh together (88 percent) and to respect each other's independence (83 percent).

• "Ink-a-dinka-do" - Four percent

of Centenarians surveyed have gotten a tattoo with a loved one's name or something that reminds them of a loved one. While tattoos are trendier among younger generations today, survey respondents from the G.I. Generation ("up and coming" Centenarians at 84-98) are the least likely of all generations surveyed to wear their love on their sleeve (3

· Independence has no age: Contrary to conventional stereotypes, two-thirds of Centenarians feel very independent in their lives right now. A large majority (81 percent) say that maintaining a sense of independence is one of the keys to healthy aging.

 Defining independence: While younger generations consider the ability to drive and travel key factors in feeling independent. Centenarians are more grounded. Those 100-year-olds surveyed feel that independence comes with the simple things such as the ability to take care of themselves on a daily basis (94 percent), staying in good health (93 percent), and being able to make their own financial and health decisions (89 percent).

 Many at 100 are prepared for the future. While more than half of respondents had thought about their own death, only 4 percent said they actually fear it. Centenarians also said faith and spirituality play a central role in how they are preparing for and approaching the future, with nearly 70 percent indicating they believed in life after death. In addition, more

than two-thirds of respondents knew what a living will was and 61 percent said they have prepared one.

• The centenarians surveyed said that the three key ingredients to the elixir of longevity are relationships, independence and lifestyle choices.

"If I could leave any message, never stop learning. Period. That's it." said Evercare member and Marylandbased Centenarian Maurice Eisman.

"After three years of conducting this survey we're starting to see some common themes emerge when it comes to the keys to living longer," said Dr. Mach. "It's more about the things under our control - our lifestyle choices, our spirituality and our interest in staying engaged in the world around us. Centenarians are a remarkable generation of Americans whose life experiences, positive outlook and desire to continue to try new things should be an inspiration to us all " &

Courtesy of Evercare, a part of United Health Group, one of the nation's largest health care coordination programs for older adults and those with long-term illness or disability. For more information about Evercare or the 100@100 survey, visit AboutEvercare.com

F.Y.I.

Centenarian Study

Boston University's School of Medicine New England Centenarian Study is a nationwide survey of centenarians, their siblings, and children to study genes and lifestyle factors that could influence the ability to achieve extreme old age. The study seeks participation from a variety of people including centenarians, families with at least two living siblings 90 and older, and children of centenarians. For more information visit www.bumc. bu.edu/centenarian.



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The China Study

Americans are bombarded every day with conflicting messages regarding nutrition. They're frustrated by the seemingly endless production of health and nutrition "facts."

Bastyr University is presenting an exclusive event with T. Colin Campbell, PhD, professor emeritus of nutritional biochemistry

at Cornell University and author of The China Study. The China Study is not a diet book. It is a guide with the aim to cut through the haze of nutritional misinformation and to deliver an insightful message to anyone living with or at risk for cancer, diabetes, heart disease, obesity, Alzheimer's disease, and osteoporosis

Campbell's book, The China Study, presents findings of the China-Oxford-Cornell Diet and Health Project, a 20-year comprehensive study of nutrition and health. The New York Times referred to The China Study as the "The Grand Prix of epidemiology", the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease. The China Study reveals the dramatic effect proper nutrition can have on reducing and reversing chronic illness and obesity. It also calls into question the practices of many of the current popular "fad diets." During his presentation at Bastyr, Campbell will discuss the study's findings, which conclusively demonstrate the link between nutrition and diabetes, heart



disease and cancer. He will also discuss specific steps people can take to improve their diet.

Why China? The China Study was conceived in 1981 when the Chinese Academy of Medical Science published an Atlas of Cancer Mortality in China. The maps showed that cancer was highly

localized in specific geographic regions. Cancer rates ranged several dozen, even a few hundred fold from highest to lowest rate areas, far more than the 1.5-2.0 fold ranges of the U.S. Residents of these regions tended to live in the same regions all their lives and to consume the same diets unique to each region each and every year.

Dr. Campbell began to review this and other reports from around the world. The research project culminated in a 20-year partnership of Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine.

You need to know the truth about food, and why eating the right way can save your life," says Dr. Campbell. Dr. Campbell details the connection between nutrition and heart disease, diabetes, and cancer, and also nutrition's ability to reduce or reverse the risk or effects of these deadly illnesses. "People who ate the most animal-based foods got the most chronic disease... People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease. These results could not be ignored," said Dr. Campbell.



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More Information

The moderated conversation with Dr. Campbell will take place at 7:30am on Monday, February 23, 2009, in the Bastyr University Chapel in Kenmore. An audience question and answer session will follow the discussion. Tickets are \$20 per person and include a continental breakfast. For reservations please contact Ashley Petty at 425.602.3355 or apetty@bastyr.edu. Bastyr University is located adjacent to St. Edward State Park at 14500 Juanita Drive NE, Kenmore, WA 98028). For directions, visit www.bastyr.edu.

More information about The China Study can be found at www. thechinastudy.com/about.html.



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Get Motivated to Get Moving

Everyone knows that regular physical activity helps older adults feel better, live longer and enjoy life more. Still, it's hard for many seniors to find the motivation to exercise.

"Many older adults. especially those who are experiencing pain or discomfort from physical conditions, worry that they cannot exercise safely. Others assume physical activity must be strenuous to be beneficial. Still others have lived a sedentary lifestyle for so long, they simply do not know how to start," says Anne Shumway-Cook, PhD, a physical therapist and University of Washington researcher who has studied physical activity and

"In fact, research has shown that moderate physical activity performed for 30 minutes on most days of the week has a significant impact on health and quality of life for adults," she adds. "And exercise can be performed safely by even the frailest and oldest of individuals."

Studies have proven that regular exercisers have a 48 to 50 percent lower risk of death than sedentary seniors. Physical activity prevents diseases such as diabetes, obesity and osteoporosis. It improves lifestyle, mental health, quality of life and mobility. Get your physician's advice.

Ask for help in determining what type of physical activity will best suit your health and overall condition. Choose activities that match your interests.

Do you love to shop? Then join a mall-walking group. Interested in making new friends? Look into a fitness



class at a nearby senior center. Are you a nature lover? Take a hike in a park near your home. If you have physical limitations, a class in "chair aerobics" or light resistance training might be for you. Start slowly and progress gradually.

If you have lived a sedentary lifestyle, begin by adding little bits of exercise to your daily routine. For example, park your car at the far end of the grocery store parking lot instead of close to the door or take the stairs up one floor instead of using the elevator. Consider some form of exercise at small intervals of 5 or 10 minutes a few times a day instead of all at once. Set small. reachable goals and chart your progress. Consider a buddy or group for support.

Research shows that people are more likely to stick with exercise routines if they make a commitment to others. Ask a friend to join you on morning walks or at twice-weekly dance lessons. Recruit neighbors to do regular gardening at each other's homes. There are many options for group fitness activities Don't get discouraged!

If you start a program then "relapse" into inactivity, don't be too hard on yourself. Many successful people had to try more than once to succeed! Start again and reward yourself for your renewed motivation. *

This article is courtesy of the Healthy Aging Partnership, a coalition of 30 not-for-profit and public organizations dedicated to the health and well-being of seniors. For more information visit www.4elders.org.

Looking for local resources? Try Sound Steps, a community-based walking program for adults over age 50 designed to encourage physical activity and social interaction. Information at 206-684-4664. And don't forget your local senior center, community center, pool, or YMCA – all have excellent programs for older adults. The National Institute on Aging provides a free publication to help seniors get moving: Exercise: A Guide from the National Institute on Aging. More information at www.nia.nih.gov/HealthInformation/Publications/ ExerciseGuide or request a copy by calling 1-800-222-2225.

Almost 85 and Still Skiing

...by Georgie Bright Kunkel

How did a girl born in New Jersey end up on a Northwest ski slope at nearly 85 years of age? Easy. Jean Bullard's father never left her out of all the exciting things sometimes reserved only for boys. There wasn't anything she didn't want to try.

At nine she saved up the money she made walking dogs until she had the \$5.95 for a new pair of wooden skis. She traveled to New York with her mother to pick out her precious skis and begged for permission to sleep with them the first night.

At age 76 she won a silver medal in the Sun Valley Nastar ski races

When she was in 9th grade her world changed when the family moved to the country. Her Dad repaired an old canoe so she could paddle it on the mill pond anytime she wanted. Still, she never forgot skiing and years later she made the ski team at Mt. Holyoke College. From then on, there was no stopping her. At age 76 she won a silver medal in the Sun Valley Nastar ski races.

After they moved to a retirement residence, Jean's beloved husband, Bill, died. Not many months later Jean suffered a heart attack. Fortunately she was revived and after weeks of healing and therapy her first question to the doctor was, "When can I go skiing again?" He replied, "After you improve enough to balance safely on skis." Jean wasn't to be denied her favorite sport and so she set up a ski exercise machine in her bedroom and every day, without fail, she practiced. Determination is her middle name as anyone who

knows her would agree. If vou walk into her apartment you could see her in her wonderful ski outfit bouncing back and

forth on her



gearing up for the ski season

exercise apparatus dreaming of the day when she could actually use real skis up on the slopes.

At last Jean passed the balance test that her doctor required before he would allow her on skis again. Soon after, an acquaintance at her retirement residence, who had heard that Jean once taught skiing, asked her if she could teach his young relative to ski. Jean no longer drove, and she needed transportation to the mountain. That request was her chance to get back on skis again. She once more became a ski teacher and it gave her the chance to feel the exhilaration of skiing (carefully) down the slopes before the season ended.

Now she can tell her Raging Granny friends all about it when she sings with them about social change. As a new member of the Raging Grannies she appeared with them when they sang for the Dalai Lama in Seattle.

Iean recently attended a writing conference in Alaska and after returning suffered another heart attack. Fortunately she came through with a doctor's prescription to take it easy for a while. But she is not just sitting around doing nothing. She went through two cataract operations in two weeks time and geared up to use her ski machine. She is ready for ski season



Tips for Optimal Later Living

Nancy Merz Nordstrom, author of Living Greater: The Secret for Making the Most of Your After-50 Years, says that there are three components to making retirement the very best time of your life: continued learning, educational travel, and meaningful community service. These three ingredients, says Nordstrom, can provide vital brain stimulation, adventure, and social interaction. A sense of wellbeing and the spirit of giving back will enable retirees to fully embrace their later years while still enjoying an active exploration of the world around them

The result: a healthy, redefined retirement ripe with possibilities, excitement, and a renewed sense of

Many retirees are turning to later-life learning - that is, challenging, non-credit, academic college courses on every topic imaginable, educational travel, and meaningful community service - to keep themselves and their brains firmly in learning mode.

"The courses are amazing," says Jonah Davis, a lifelong learner. We have fantastic discussions and debates that really help the material come alive. Taking these courses is probably one of the smartest things I've ever done. And it's actually good for my health!"

Educational travel offers participants a combination of lectures, field trips to back up those lectures, and free time. It's a way for travelers to learn about the history, culture and politics of an area. According to Nordstrom, "These intrepid voyagers are exposed to the history and culture of a place."

Another benefit of educational travel is the fact that educational travel programs employ professors, instructors and experts at any given

"What a joy it is to learn about the many nuances of an area from a local expert," says Nordstrom. Whatever the topic, whatever the area, educational travel programs seek out and find the best people to bring the culture, history and politics of an area to life.

Meaningful community service is the final component of Nordstrom's retirement redefinition hat trick. "Baby Boomers find that they have a lot more time to get actively involved in issues that mean a lot to them," says Nordstrom. "They're used to operating at the grassroots level and then ramping that up to affect real and sustained change. Just imagine the benefit to society of having the wisdom of almost 80 million people at its disposal. It's incredible!

Whether through social activism or mentoring or volunteer outreach programs, retirees are embracing the need to give back to society on a truly grand scale.

Lifelong learning is the fountain of youth for many [retirees]," says Nordstrom. "Taking courses keeps their brains engaged and stimulated. Educational travel broadens the mind and stretches the imagination. And meaningful community service allows them to give of themselves and the wisdom and experience they've gained from a lifetime of affecting change for the better. These three components will help keep anyone feeling young and vibrant. They're retired, yes. But they're not ready to go quietly into the good night." *

Nancy Merz Nordstrom, M. Ed. is a frequent consultant to news organizations and outlets. Her book, Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years is published by Sentient Publications. Visit her her blog at: learninglater.blogspot.com.

Laughter and Brussels **Sprouts**

...by Ann Thomas

Who knew that a belly laugh would turn out to be as good for you as a serving of Brussels sprouts? Really? The answer,

from reputable researchers and universities is, "It's true." With this news, it would seem that life just keeps getting better and better. Along with diet and exercise, we now need to make sure we have humor in our lives on a regular

Humor, we're told, has some ability to protect against heart attacks, lower blood pressure, and boost our

A good laugh also reduces stress hormones and helps to cleanse the lungs, which is good for people with emphysema or other respiratory illnesses. Laughter releases the body's natural painkillers. And most exciting of all, especially for those of us who have a poor attitude about exercises like jogging, it appears that a good belly laugh is being cited as internal jogging. The University of Maryland Medical Center considers laughter "an aerobic exercise." Laughter also affects us emotionally in positive ways, resulting in a lifting of depression and

We have very specific guidelines telling us how much exercise we should get and how many servings of fruits and vegetables and fish we should consume. So what goal do experts advise for laughter? Someone has actually figured out, although how they did this is a mystery to me, that

the average person laughs approximately 15 times a day. It's probably safe to say that most of us have room for improvement. So how do we

begin? Start with the Internet. Jokes and funny videos are plentiful. When you find one you like, forward it to your friends and you'll soon be on the receiving end. TV shows, funny books, and movies fall into this same category

Cultivate friends with a sense of humor. We all have dear friends we wouldn't trade, even though they're

a good belly laugh is being cited as internal jogging

serious or sometimes grumpy. To this group, however, it's a good idea to add a friend or two who can also make us laugh.

Make others laugh. Start with those serious friends and keep going. Share silly things you've seen and

Smile. It makes others happy and gets you part of the way to a laugh.

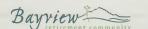
Laughter is contagious. My nephew when he was about 2 had a favorite joke that went: Knock, Knock. Who's there? Red Skeleton. He lost his underwear. At that

...continued on page 22





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Creative Aging Takes Hold in the Northwest

... continued from page 1

participants were, by and large, very thoughtful, open and quite fun. The discussion was stimulating with lots of humor and acceptance of different life experience," she adds.

Barbara says that the participants at her table "liked each other so much that we have met again to catch up on what each of us is doing and to share ideas about what NOCA could do in the future." When asked if she would recommend the experience to others, she replies, "Absolutely! It's a great way to meet interesting people who are committed to continuing their education, sharing their life experiences and supporting one another. NCCA is an organization totally committed to providing a quality experience for participants."

Barbara values the opportunity to interact with participants from a diversity of ages and backgrounds. "The workshops often include the possibility for older and younger people to attend. Every age group is welcome. What makes it so interesting is that as I grow older I really appreciate being able to have a serious discussion. It is vital to be engaged as you age," she says

She gave a specific example of how one discussion proved helpful in providing ideas for interacting with her teenage grandchildren. The idea involved having her grandchildren show her how they

are using some of the popular social networking sites available on the Internet. This interaction provided her the opportunity to relate her grandchildren's experiences back to her own stories and family photos. "It worked!" she says. In addition to providing valuable lessons that enhance her personal life, she finds the discussion groups to be fun. "There is a lot of humor in growing older - you might as well be able to laugh.

The accumulated wisdom from the discussion groups will be shared at the annual creative aging forum in the fall of 2009.

The Northwest Center for Creative Aging is based at Horizon House, a premier retirement community in Seattle's First Hill neighborhood. Horizon House, located at 900 University Street, Seattle, continues to be instrumental in helping to support the development

Interested in participating in a Creative Aging Conversation Group? NCCA will bring discussion groups and workshops to community centers, churches, senior centers and retirement facilities. Anyone interested in participating in a group, training as a leader, or offering space for a group or workshop should contact Carol Charles, Executive Director at 206-382-3789 or at info@nwcreativeaging.org. For more information about NCCA's programs or to become a member, visit www.nwcreativeaging.org. �



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4 Tips for Aging Smart

Whatever your stage in life, one issue will eventually influence how you live; where you live; even how you invest your money. What is it? 'It's aging—so age smart," advises Jeff Rosensweig PhD, Emory finance

professor and author of the baby boomer guide, Age Smart - Discovering the Fountain of Youth at Midlife and Beyond.

"Aging smart goes well beyond maintaining financial wellbeing. Other crucial dimensions include flexing one's mental acuity by

committing to lifelong learning. discovering or rediscovering one's purpose for living, maintaining a positive attitude, and realizing the importance of enjoying a spiritual balance." continues Rosensweig.

While the tips below by no means guarantee that by incorporating them that you'll live longer, studies have shown that individuals who embrace some or all, appear to enjoy more vibrant lives.

Flex your mental acuity Make the thirst for knowledge and learning

lifelong habits.

Discover your soul's purpose. The difficult task, according to philosophers and others who have studied this subject, is discovering exactly what yours is. While some

people discover their life's purpose early in life, others wait until much later to do so. I am among the latter, having finally realized my lifelong dream of becoming a writer eight years ago as I was turning 50.

Start by asking vourself, 'what do "I" enjoy doing? What gives me pleasure?" This might require spending some quiet

time alone as you think about this. Your answers may involve enrolling in a class, or doing something else that you love. Having a purpose that forces you to get up each morning seemingly adds zest to an individual's life.

Maintain a positive attitude. Granted, this is also no easy task. Alas, the changes that often accompany aging can challenge even the most upbeat person. Thus, staying positive requires practice. Start by surrounding

...continued on page 22





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TO STAY OR NOT TO STAY?

Financial Planners Explain Why the Time May be Right to Sell Your House and Enjoy Life in a Retirement Community

...by Chris Serold

I cannot remember a time like we're experiencing today when almost every generation is worried about the same things at the same time. All of us are asking questions about the security of our retirement plans, the shaky financial markets, the changing value of our homes, the unavailability of credit and the general state of our overall financial health – both individually and as a nation.

As someone who works with retirees on a regular basis, I feel it is my duty to share some of the latest insights and wisdom available to folks who must make difficult decisions about their retirement in these worrying times. Concerns about how the economy is affecting individual retirement plans are currently the number one topic of conversation I have with the people I'm working with.

In this issue of Chris' Corner, I'm addressing the uncomfortable facts most of us are weary of hearing about. The truth of the matter is that while talking about the economy isn't pleasant, we all agree it needs to be



done. And while real hope exists that we can turn this thing around, all of us know it will take time, patience and sacrifice. Many of you who remember the Great Depression as children or young adults understand patience and sacrifice better than the rest of us.

I want to discuss one of the foremost worries facing retirees today. Specifically, I want to address the dilemma retirees face when it comes to selling your house in a

Chris' Corner

Welcome to Chris'
Corner! Chris Serold is
delighted to once again
contribute to Northwest
Prime Time. Chris draws
on a 25 year career in the
senior housing industry
to offer insight



and perspective on topics of interest to today's retirees. She looks forward to sharing her expertise with Northwest Prime Time readers, and welcomes suggestions, questions and feedback. Chris welcomes your calls at 800-960-1944 or email her at chris.serold@chateaullc.com

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This is,
understandably,

something many folks are uncomfortable doing right now.

To best address these concerns, I talked to two financial planners who specialize in working with retirees. What I learned from financial consultants Paul Copes of Copes Financial Services and Tim Bovey of FSIC might surprise you. Both of them were in general agreement that while instinctively nobody wants to sell their house for less than it was worth this time last year, holding

out for the return of a housing boom may be inadvisable for seniors, and may end up draining more from your retirement nest egg than you think.

Paul Copes and Tim Bovey had words of encouragement for retirees, but they assert that in order to make wise financial decisions moving forward, all of us have to accept a paradigm shift. We have to think about our situation as it is today, not as it was yesterday or last year. "We don't know when the housing market will improve, so why wait to sell?" advises Tim Bovey. This is true in particular for seniors who aren't able to ride out a housing bust as long as younger folks can. All signs point to a continued reduction in housing prices, even though The Seattle P.I. reported on January 14th









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that the Seattle housing market continues to depreciate at a slower . rate than the rest of the nation. That conditions." This, he says, makes it is encouraging, but it doesn't mean things are getting better anytime

It is our natural instinct to stay put, to hold out for a rebound, especially if you are a senior selling your house to help support life in a retirement community. This is understandable: however, Tim Bovey points out that in addition to the probability of ongoing depreciating house values, Puget Sound area home owners are paying inflated property taxes, deferred maintenance, and other housing costs that would be eliminated by the benefits of living in a retirement

Holding out for the return of a housing boom may be inadvisable for seniors, and may end up draining more from your retirement nest egg than you think

Both Tim Bovey and Paul Copes encourage prospective residents to sit down with a financial planner or industry professional that can help them lay out all the costs related to staying in your house versus moving into a retirement community. "When I do this with senior clients, they are often fairly surprised at the negligible difference in cost between the two options," observes Tim

Paul Copes offers the same advice, and also reminds retirees that the less tangible benefits of living in a community setting save money in the long run. Studies show that socialization positively impacts physical as well as psychological health, and can defer or reduce the need for costly medical care. I know that I've personally observed this phenomenon firsthand in the 26 years I've been working in retirement.

Tim Bovey expands on this by noting that when a move is

necessitated by need, it occurs under "high-stressed, emergency more difficult to find a community that is a good fit financially and socially. He also makes the observation that when a senior doesn't immediately need care assistance, it is a far more ideal time to research and find the perfect community. The net result is that it saves money in the long-run, and allows residents to find a custom-fit that meets their needs, preferences and pocket-book.

When Paul Copes toured Chateau St. Laurent, he was particularly impressed with the multiple financial options available. "Chateau has an excellent product," he said. "I was really impressed." What impressed Paul Copes was the wide variety of financial models and the unique relationship we have with Wells Fargo Bank as it applies to our Refundable Entry Fee options. 'Communities like Chateau St. Laurent are ideal for many retirees, and the Entry Fee model at Chateau St. Laurent is so uniquely structured as to offer excellent peace of mind in any economy.

"Everybody's situation is a little bit different," observes Paul Copes. "There are many communities out there like Chateau St. Laurent that offer the dynamic flexibility of different financial options to choose from. I'm not endorsing Chateau St. Laurent over other communities, but I applaud its commitment to meet the needs of a variety of individual financial profiles. Take time to scope out several communities, then sit down with a planner and pencil out your various options. What you find will surprise you, and hopefully . enable you to be proactive, rather than reactive, about finding the right fit for you."

When I asked Ray Gould, a future St. Laurent resident, what he thought of this, he answered, "I'm convinced most people wait too long before making a decision to live in the comfort of a retirement community." Ray and his wife Sue picked out their apartment home when a Monthto-Month Plan was added to the existing 100% Refundable Entry Fee and 50% Plan. "The different payment options are very attractive,"

continues Ray. "The Month-to-Month Plan perfectly suits our needs and retirement priorities. We believe the economy will eventually get better, but living at the Chateau is a good way to stop worrying too much about it. The location, services and amenities are ideal. We can't wait to move into our new apartment home."

Toward the end of my conversation with Paul Copes, he told me a story about a client he once worked with who was 90 years old. She needed



Opening in March 2009, Chateau St. Laurent has a financial plan for everyone

assisted living care and wanted to stay in her own home. She was assessed to need two full-time caregivers because of the limitations of her home setting. At the end of the day, the cost of her care penciled out to over \$9,000/month, and did not include any of the other services or amenities available at most retirement communities, least of all the benefits of socialization with friends and neighbors in a safe, activities-rich setting. "Because of her particular needs," remarked Paul Copes, "if she was at a place like Chateau St. Laurent, she would have all her needs met and more without the need for two roundthe-clock caregivers."

Communities have systems in place that ultimately make it less expensive to access care when you need it, and that is just one of many examples of the benefits of community living.

Sometimes what may seem like the least expensive, safest option can turn out to be the most expensive, risky option. I encourage you to heed the advice of Paul Copes and Tim Bovey. Sharpen your pencil, sit down with a financial planner and take a hard, comparative look at your options. As ever, I am also more than happy to walk you through this exercise, although it doesn't hurt to get a second opinion as well. What you discover

may not be cause for a celebration with pompoms, but those days are gone, at least for a while. More appropriately, you may discover a slightly more subdued but

worthwhile reason to celebrate and enjoy living in a retirement community. I can't think of a better setting to leave the worries of the economy to someone else and get on with life.

. One of the reasons I've enjoyed being a regular contributing columnist to Northwest Prime Time, is that it is an excellent vehicle for educating readers about the benefits of retirement living-an important, and rewarding part of my vocation. My familiarity with Chateau St. Laurent and my commitment to its unique financial offerings, amenities and services means that I often use it to help illustrate my ideas. We are thrilled to anticipate the grand opening in March 2009.

If you have questions about the emergence of multiple financial options on the market in general, or about the plans at Chateau St. Laurent in particular, I'd love to talk to you. Please call me at 800-960-1944 or visit www.chateau-stlaurent.com for more information. &

Chateau St. Laurent is this month's sponsor of Northwest Prime Time's "Positive Aging" feature on page 3.

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Remembering a Special Friend - Louise R. Smith

...by Suzanne G. Beyer

Louise and I were typical friends. We told each other secrets, giggled about things we shouldn't have been discussing, listened while the otherone griped, shared old stories, most of which were not suitable for print, and on occasion, didn't approve of what the other one wrote.

Louise was a former newspaper editor, lover of books and words, and a prolific writer of amusing anecdotes. She wrote and published 34 essays between the ages of 90 and 95 alone that graced national magazines like Reminisce, Mature Years, Good Old Days, and our Seattle Times. She was also a major contributor to Northwest Prime Time, regaling us with stories about her cat Snuggles, her days growing up in Spokane and life as a young mother of twin girls in Montana.

We often discussed and critiqued

each other's writings. One day, I couldn't wait to get her expert opinion on a hot-offthe-press masterpiece I'd concocted.

"It wasn't your best work. I just didn't get it," she

With dripping pen and deflated ego, I began a painstaking re-write.

But, alas, I got equal revenge when she produced "Feline Savvy" about how intelligent her cat, Snuggles, was, and shot back, "I don't know why, but I just don't like this one.'

Louise had an eye disease called macular degeneration, severely affecting her sight, and was also hard of hearing. But did that stop her? Her words raced in her head like well-



Louise Smith (1) and Suzanne Beyer

1-inch high, bold

wish!" she exclaimed.

There was nothing to edit - ever! I merely reduced the print size, and Voila! onto the editor the story flew.

"Edit if you

Louise also wrote and recently published her memoirs, producing an elegant hard-covered book entitled, Forget Me Not - A Memoir by Louise R.

Friends can be quirky. Louise was no exception. She was a stickler for time and lived by the clock. It didn't sit well if I'd arrive at her house a minute before our agreed-upon time for lunch. Once, seeing I'd be 10 minutes early, I waited until high noon in a downtown Kenmore parking lot, before venturing to her home.

And, you'd never want to phone her during a Mariners, Seahawks or Husky game as she was their Number 1 fan, an armchair coach, who hung on every play. To celebrate her 90th birthday, her family treated her to a game at Safeco Field, with the giant reader board flashing her name for 40,000 enthusiastic fans to see, "Happy 90th Birthday, Louise Smith!"

On January 17th 2009 at exactly 5:00am, Louise Smith, surrounded by her loving daughters, passed away at 95 and 1/2 years old.

She set the gold standard for being a friend. ❖

Simple Movement Can Boost Mind-Body Connections

...by Larry Rosenberg

Did you know that by the simple act of smiling you can change your brain? Smile now. A sense of well being and positive energy can help you be more present-right now.

At some point during the aging process physical ailments or emotional pain build up in the body over time and the connection between mind and body becomes weaker. As a result we limit our horizons—our movements become more constricted and our minds more

Smiling, as well as a technique called Brain Wave Vibration, are very basic yet effective ways to feel years younger and restore vitality lost to the aging process.

First, let's look at the brain to get a better understanding of how it works. The outermost layer, the neocortex (the thinking part of the brain) and the second layer, which houses the limbic system (the part of the brain that controls emotions) become rigid and hard over the years. The third, and innermost laver (and also the oldest part of the brain) is called the brain stem. It controls your breathing, heart rate, stress response and all the other automatic functions of the body. The brain stem is also the source of bioenergy, or healing energy, for the rest of the body.

By gently rocking, tilting or shaking your head back and forth or up and down you are performing Brain Wave Vibration, It's that simple. The rhythmic movements you create form a vibration in your brain stem sending out waves of energy that resonate properly with the rest of your bodily functions. By doing this exercise daily for five

minutes you may see a difference in your physical health and your outlook on life.

Brain Wave Vibration is part of a comprehensive program called Brain Education System Training (BEST) developed by Korean born Ilchi Lee, author of Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life.

In the Puget Sound region, Brain Education System Training (BEST) instructors teach Brain Wave Vibration, as well as other holistic movement therapies to connect body and brain, in several retirement communities and senior centers. Currently the Ballard Northwest Senior Activity Center, 206-297-0403, and Renton Senior Activity Center, 425-430-6633, offer BEST classes open to the public for a minimal cost. The Greenwood Senior Center 206-297-0875 (ask for Molly) offers classes starting in April.

The Dahn Foundation is offering free Brain Wave Vibration workshops

- · Queen Anne Branch on Saturday, February 14, 2 pm.
- · Ballard Branch on Saturday, March 7, 2 pm.
- Central Library (downtown), Thursday, March 19, 12 noon.

Please call the Dahn Yoga Center at 206-223-9642 for workshop information. &

Larry J. Rosenberg, Ph.D., is Director of Communication for a global consulting company specializing in Brain Education, Holistic Health and Self Improvement. He works with the Dahn Foundation to bring the public holistic movement therapy that integrates the body and mind.

Laughter and Brussels Sprouts laughter groups can be found at some

...continued from page 17

point the child would fall on the floor in laughter. We adults laughed, not because the joke was funny-it didn't even make sense-but because his laughter was contagious.

Look for ways to break rules. If we look closely, much in life is silly and our behavior is all too often near the top of that list.

Join a laughter group. It's true - along with yoga and aerobic classes, senior centers and other community

Now it's time for you to find something to laugh about. Just remember-it doesn't matter whether you want to laugh. Laugh because it's good for your health. *

Dr. Ann Thomas is a psychotherapist, writer, and public speaker on a wide variety of topics relevant to seniors. She can be reached at her email: athomas724.com or on her web page. www.dr-annthomas.com

4 Tips for Aging Smart

...continued from page 19

yourself with positive people. Research has been shown that people who possess positive attitudes tend to be more accepting of themselves as well as others. [Editor's note: a simple exercise on maintaining a positive attitude can be found on page 11.]

Connect or reconnect with your spiritual side. Multiple studies have shown that individuals who embrace a spiritual or religious quest are healthier across the board than those who do not. They get sick less often and/or visit their doctors less often. Having some spiritual connection is believed to even increase one's life span.

On average, an American woman who has already reached 65 can still look forward to an added 20 years on average. Thereby, given the years that may lie ahead, it is important that we put our investments in assets that can grow over time. To minimize risks to our money, diversify, diversify, diversify, can't be repeated enough, Rosensweig advises. This is truer today than ever before.

Don't leave aging to dumb luck! Age smart and live your best life ever-whatever your age. �

Carol Gee, M.A. is an editor and business writer at Goizueta Business School, Emory University. She is also a contributor to Age Smart-Discovering the Fountain of Youth at Midlife and Beyond

F.Y.I.

Brain-Healthy Lifestyle

"What's good for your heart is good for your brain," says Dr. Jennifer Manly, spokesperson for the Alzheimer's Association. A hearthealthy (and brain-healthy) lifestyle includes consistent exercise, a healthy diet, and staying socially connected. Add practicing stress management, getting adequate sleep, avoiding environmental toxins - along with a habit of lifelong learning and

stimulating your thinking - and you have a prescription not only for a healthy brain but the key factors associated with a long and healthy life. The good news is that "many of the factors that can put our brain health at risk are things we can modify and control," said William Thies, PhD, vice president, Medical & Scientific Affairs for the Alzheimer's Association. Getting regular checkups and monitoring blood pressure, cholesterol, weight, and treating (or avoiding) diabetes are part of the heart-health/brain-health lifestyle.

Money Matters

Guide to a Long Retirement Guide to Senior Care

.. by Dan Searles and Tom Hardie



Dan Searles and

Retirement can be your longest vacation. If vou retire at age 60 and live

to 95, you may

very well be retired longer than you worked. Yet many people enter their retirement years with little more than the promise of a Social Security check and a gold watch. It doesn't have to be that way. With this in mind, we'll field this month's question.

I am 63 years young and looking forward to a long retirement playing golf and fishing for Rainbow Trout. What are your suggestions for creating a happy, stable retirement? -- John A.

Dear John: Over the years I have developed and gathered the following tips which many new retirees find helpful:

1) Know the Rule of 1492: A penny saved in 1492 earning five percent annually, compounded daily, would be worth about \$1.6 million. Once withdrawn, the aftertax amount would be about \$1.072 million if taxed at 33 percent. Also, if you were to withdraw the funds prior to age 59 1/2, you would be subject to a 10% tax penalty. However, the same dollars, if taxed annually at 33 percent, would only be worth \$192,235! The moral of the story is save, save, save and then consider putting as much of your savings as possible in tax deferred vehicles such as IRAs, 401Ks and various insurance related

2) Know your pension options: Your pension probably provides for either a lump sum or a guaranteed lifetime income. Study these options and know if they are indexed for inflation or not before you retire. Don't wait until the

last minute when emotions and stress can make last minute choices dangerous

3) Calculate your new tax bracket: Remember, the U.S. Federal tax system is progressive so the more you make, the more you pay. But the converse is also true, the less you make, the less you pay. So if your post-retirement income will be substantially less than your working income, make sure you calculate the reduced tax burden when figuring your post-retirement

4) Protect thy spouse: One of the greatest risks to a couple's income is one of them needing long term assisted living or nursing home care. According to a recent AARP survey, the national average cost for a nursing home is more than \$50,000 per year. This bill is well beyond the reach of most Americans. So plan ahead and, if appropriate, purchase long-term care insurance with a home health care rider. These policies are very expensive, so shop around through an independent agent you trust and buy the most coverage you can comfortably afford.

5) Diversify your investments: A combination of stocks, bonds, and cash is commonly used by many investors who are not only looking for growth opportunities, but also to help reduce the overall risk of their portfolios.

6) Finally, remember that money is not the most important thing in your life. If you doubt this, just ask someone who is sick. So plan, save, invest (get professional advice if you need it), then go out and enjoy life. After all, that's why you build a nest egg in the first

Your Money Matters, so treat it wisely. *

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AARP Takes the Sting Out of Tax Time

...by Larry Maxcy, AARP Tax-Aide

Tax season is upon us. Do you put off filling out all those confusing forms? Afraid you'll make a mistake? Relax--help is available!

Free tax assistance and preparation for taxpayers with lowand middle-incomes, with special attention to people age 60 and older, is available from AARP Tax-Aide from February 1 through April 15. You do not need to be a member

of AARP or a retiree to use this free service

AARP Tax-Aide volunteers have gone through a rigorous training program offered in conjunction with the Internal Revenue Service (IRS), and have the knowledge to prepare your return taking advantage of the

continued on page 34

The Complete Legal

...by Elinor Nuxoll

The Complete Legal Guide to Senior Care, by Brette McWhorter Sember contains all the information you need to make the right decisions for the seniors you care about and for yourself. It explains how to manage residential, financial and medical matters, and the legal issues related to them.

Learn how to prepare wills, living wills and powers of attorney. Determine the level of care a senior requires. Evaluate retirement communities, assisted living facilities and nursing homes. And successfully manage a senior's finances while providing the level of care needed.

The author frequently refers to "your parent," since many children plan a parent's care, but it is for anyone involved in caring for or helping a senior whether he or she is a spouse or other relative, or a neighbor or friend. Spouses often become the caregiver, and adult children, grandchildren or friends may help.

You may also realize that you should begin planning for yourself, to be as prepared as possible for your elder years. The author, Brette McWhorter Sember, has a law degree and is a former mediator for the Better Business Bureau. She is experienced in helping seniors

sort through options and evaluate choices that involve lifestyle, care facilities, financing, health, and estate planning. Her personal experience with aging grandparents makes senior care a daily issue for

Semper is an expert at explaining and simplifying business concepts. This book is easy to read and does not contain any unnecessary legal jargon. It is comprehensive with 16 chapters covering medical and legal issues, money matters, continuing care living arrangements, hospice, end-of-life issues, Alzheimer's and dementia, long-distance caregiving, and taking care of yourself as caregiver. Several chapters include worksheets.

The information in this second edition is as up-to-date as possible but laws and regulations change. Contact information for agencies and organizations may change. But resources are given to help the reader find current information. The book is not a substitute for legal advice. You are advised to consult an attorney to get current information about laws in your

The book is available at bookstores and online, or use the website: www.sphinxlegal.com. *

Utility Assistance

Many of us were outraged by the sad news about the 93-year old Michigan man who was found dead inside his freezing home when the utility company restricted his use of power because of unpaid bills.

Puget Sound Energy (PSE) and other northwest utility providers want their customers to know that safeguards are in place to protect against such a tragedy from taking place in our state.

"We urge customers to contact their utility if they are having trouble paying the bill. Explain the situation to the customer service agent and they will work out an arrangement with you," says Dorothy Bracken, PSE Spokesperson. "There are resources for consumers to get help with energy bills during winter months. Puget Sound Energy has funds set aside to assist low-income residents."

In addition to working with customers for past due bills, PSE has a practice NOT to shut off any customer service for non-payment during extreme temperatures,

such as this past December when we reached record low freezing temperatures.

There is also a statewide program not to disconnect any customer who qualifies as low income (following guidelines established by the federal government) between November 15 and March 15," says Bracken. "But it is very important for customers to contact the utility to establish that they qualify for this program," she adds. The information will be placed in the qualifying customer's file so that they won't receive disconnection notices, which otherwise are automatically sent out on delinquent accounts.

To discuss concerns about your Puget Sound Energy account, call toll free at 1-888-225-5773. To learn about PSE's low-income program, call toll free at 1-866-223-

Seattle City Light payment assistance program can be reached at 206-684-3000. Or call your local utility for more information. *

Up, Up, and Away

...by Frank King

"I don't want a big party with lots of people," exclaimed my wife, Doris, whose 80th birthday was on June first. "It's too much trouble and I never get to talk to anyone."

"But we have to do something special," I said. "It took a lot of time and effort to get you to 80 years old."

"Well, no big party," she insisted. About a week later I said, "Hey, Doris, I've got this neat idea of how to celebrate your birthday without a

party."
"What?" she asked, always a little suspicious of my neat ideas.

"We'll go on a hot-air balloon ride! They furnish a Champagne breakfast and you even get a birthday cake out of the deal. I've already contacted a company at the Snohomish Airport and they'll be glad to take us up. All we have to do is show up at 6:30 a.m. on your birthday and pay them

The day was cold and cloudy. The

pilots assured us that they monitored all the latest weather forecasts and computer models before they agreed to the flight: Then I saw them release and watch a little toy balloon as it rose and

floated in the breezes: So much for high technology. Based on those observations the pilot found a suitable FFF, friendly farmer field, from which to take off.

The pilot started-up the



"Let's go," said the pilot, and we six passengers scrambled aboard the wicker basket about the size of a wash tub, but with sides four feet high. While the younger people easily scrambled aboard with their limber joints, Doris and I had trouble getting

our legs high enough to get over the side of the basket. We lifted so gently I didn't even realize we were

off the ground. The only control the pilot had over the balloon was the speed of going up or down. That was it, and the breezes blew us in whatever direction they happened to blow.

Doris's birthday outing was a complete success

"What allows us to move up or down is a simple law of physics," I told Doris in a low voice. "Hot air weighs less than cold air, so it rises. Since we probably weigh about a ton and a-half, that's a lot of hot air."

"Then you should keep on talking," said Doris. "Every little bit must help.'

The pilot had fun taking us down to the surface of the Snohomish River and dunking the basket an inch or so in its

"I won't stay long," he said, "because I don't want to get your feet wet."

Then he had to pour on the heat to make a fast ascent to clear some large trees in our way. Our basket brushed the upper branches as we swished our way through.

"Anyone grab some leaves?" he asked with a big grin on his face.

"This guy's a wild balloon driver," I said to Doris in a low voice.

Yeah, isn't this fun?"

A little later the pilot said, "Oops, we're going to miss landing at the airport. The wind up here is blowing us just a little off-course.'

So he swooped down to fly just two feet off the ground to catch what he thought was a more favorable breeze. As we floated over a UFF, unfriendly farmer's field, the unfriendly farmer velled at us from his big red pickup.

The pilot's judgment was good. Although we didn't make the airport, we landed very close to it in a corner of an FFF. Landing was scary, but simple. Bend the knees and hold on. The pilot tugged a rope that opened a flap at the top of the balloon to release hot air, and we bumped the ground, lifted and bumped again, finally staying on the ground at the third bump. The balloon quickly lost its shape and, again, became just a colorful slug lying on the grass

Breakfast was a choice of three kinds of homemade coffeecake. And, of course, the traditional Champagne toasts that dated back to France in 1783, the year that the first ever balloon flight took place.

Doris's birthday outing was a complete success and she talked about it for days after. For me the most remarkable event was opening the Champagne bottle. The pilot held it up in one hand and with a quick rap of a rusty old army saber knocked-off the neck of the bottle including the cork. What an easy method of opening a bottle of Champagne, but Doris hasn't let me try it at home, yet. Besides, I don't have a sword. �



treated his wife Doris to a hot air balloon ride birthday



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To learn how our full service retirement and assisted living communities can benefit you, call one of the below locations today.

Peters Creek - Located minutes from downtown Redmand and Kirkland, Peters Creek is a warm and homelike environment that affers personalized services with a supportive and compassionate staff. (425) 869-2273

The Marymoor (Redmond/Bellevue) - Located on West Lake Sammamish Parkway near the NE end of the lake, offering personalized assistance, suppartive services and compassionate care. (425) 556-9398

Vineyard Park at Bothell Landing - Just a short walk from the Northshore Seniar Center, Vineyard Park is a warm and friendly community set in an exquisitely appointed building. (425) 485-8900



Out & About

The Flying Heritage Collection

...by Bill Kaufman

I don't know what boys think of today when they are asked, "What do you want to be when you grow up?"

When I was growing up, my choice was to fly—to be a pilot. Lindbergh was still a strong figure in the field of aviation. Historically, there were Rickenbacher and Frank Luke, World War I access. And on the

magazine stands, among the monthly pulps, "G-8 and His Battle Aces."

Recently, our sports car club arranged a visit to Paul Allen's "Flying Heritage Collection" (FHC) at Paine Field. There was to be a tour of the museum and a flyby of a P- 40, the Tomahawk fighter of the Flying tigers with shark teeth and face on the nose, and an Me-109 Messerschmidt, the primary fighter of the Luftwaffe with German crosses on the wings. How could I resist?



The FHC is a collection of WW II fighter aircraft of several nations. A few notables: the USAF P-51 Mustang, the USAF P-47 Thunderbolt, the RAF Spitfire, the Grumman F6F Hellcat, and a JN-4 Jenny (1919). And fifteen more, all in mint condition.

The planes are in the original wartime colors with clever meaningful squadron insignia. The aircraft are operational as evidenced by drip pans under each - with oil drips. They are flown frequently.

A fantastic accomplishment the collection of these fifteen aircraft—to make them flyable with original parts, no replicas: original, all! Consider the difficulties in finding the parts. Remarkable.

To me, a WW II pilot, a very enjoyable and nostalgic experience.



This Flying Tiger, the Curtis P-40C Tomahawk, is part of the Flying Heritage Collection at Paine Field.
Photo by Diann MacRae

The docents I met are WW II vets or shortly later aviation buffs. They are schooled until they know the specifications and history of the fifteen aircraft in the hangar.

The weather was questionable; low ceilings, dark clouds, and a bit of light rain. As we enjoyed more and more of the old aircraft and listened to the history of each, we were quietly waiting for the weather report and the announcement: would they or would they not fly.

And the announcement was, "Not today."

Disappointing, but understood.
Anyone who has flown
understands that it is unwise to
fly these fighter airplanes, the last
examples of their generation, in
foul weather.

Had it not been for the announcement of the flight of the P-51 and the Me-109 I might not have attended. But that I did was a rewarding experience even without the flyby.

The aircraft are beautifully restored and maintained.
The docents are exceptional, whowledgeable, and personable.

There are more flights scheduled for later weekends.

I plan to attend. *

The airplanes at the Flying Heritage Center have been acquired by and are supported by Paul G. Allen. The FHC is operated by Friends of Flying Heritage, a 501 (c)(3) organization committed to educating the public about these rare, historic aircraft.

The Center is at Paine Field, 3407 109th St SW Everett, WA 98204, [87]FHC 3404. Schedule of coming events and further information: www.flyingheritage.com.; phone [206] 342-4242.

Life Perspectives

Enriching Your LifeWith Simplicity

...by Marilyn Michael

The current economic challenge is causing more people to look for ways of simplifying their lives. Simpler living is beyond just living with less. It can actually stimulate creativity in how and possibly even where you live and expand your enjoyment of life.

Twenty years ago, my husband and I became liveaboards. We moved from a 2500 sq.ft tri-level to a 42' X 15' powerboat. Beyond changing the view from our windows, our cost of living went down.

We didn't move onboard with the idea of simplifying our lives - but it did. Books on simple living like the Simple Living Guide by Janet Luhrs can open a person's mind to all kinds of alternative living options that might never have been considered.

Over the years, I've made other changes toward simplicity. They were not done consciously to live more cheaply and, in fact, they have made my life more interesting.

Bartering - Why Not?

With the advent of the Internet and sites like Craigslist.com, it is easier to let others know about skills you may have. My first foyer into bartering was an offer to create a professional business brochure for someone in trade for maintenance on an outboard motor.

Estate Sales For Shopping Fun I was introduced to estate sales by a friend and found they are great fun. Saturday morning chatting with interesting folks, latte in hand, while waiting for a sale to open has led to interesting connections. I replace things I have with better things. I have unusual items like a pair of bronze herons on my coffee table and a wicker chair on my back deck that I never would have considered in a retail store. They were so inexpensive I could give them a try and get rid of them if they didn't work. My creatively cooking husband has amazing kitchen gadgets and cookbooks he never would have bought at retail. Love to shop? You'll enjoy the "shopping experience" of an estate or garage sale and won't believe the prices.

Grocery Staples And Your Freezer

My husband loves to cook. He has a habit, though, of not thinking ahead. He keeps forgetting that we already have 5 cans of clams from other cooking adventures and buys two more. I don't want to discourage him from creative cooking, but by getting more involved in the kitchen, I've cut down on grocery expenses. I now stock up on staples and keep up on what we have. I, also, keep an eye out for good buys to keep on hand.

A friend, Deborah Taylor-Hough, is the author of books on once-amonth cooking, a phenomenon I had never encountered before. In Frozen Assets: Cook For A Day, Eat For A Month, she also has a two-week plan that works for people, like me, who have only a refrigerator top freezer. It's amazing how easy and inexpensive it can be to cook food ahead in larger batches and freeze it.

Indian Food and Other Adventures

I never considered cooking particularly interesting until a friend who began teaching me Indian cuisine. We would lunch at Indian buffets where she would explain the dishes. She then invited me to her home where she taught me how to make traditional dishes. It became an enjoyable new hobby that was inexpensive and rewarding. Indian cuisine does amazing things with vegetables. I now experiment with many vegetable dishes that are inexpensive and freeze nicely. The marinades and spice mixtures I've learned to use add dimension to our . meals. It's more fun than eating out.

I've made other changes toward simplicity...in fact, they have made my life more interesting.

Learning a new cuisine from friends or taking classes could excite you about cooking at home and help you stock your freezer with intriguing and tasty dishes. Also, my friends and family love getting my inexpensive gifts of an Indian recipe with some of the unusual ingredients and spices they'll need for creating it.

Neighbors And Friends

While teaching their recipes, my friend's Begar's sharing their tradition of teatime, English style. I had never slowed down enough before in my life to enjoy a quiet cup of tea with a friend, but it's now something I value. I continued stopping by for tea and conversation, often just to chat about a recipe book I'd found sometimes at an estate sale).

I've learned to make chai (spiced tee) from scratch. It has become a sunday morning tradition. Brewing the tea with cloves, cinnamon sticks, brown sugar, fresh ginger and cardamom powder is truly aromatherapy. Now I create pleasant tea experiences for friends.

Simplifying your life doesn't just require making "have to" or undesirable changes. I lead a simpler, less expensive and yet very enjoyable life. I encourage folks to think creatively about simplicity.

Life Perspectives

Dad and The Dumont

..by Diana Mercedes Howell

The day Dad installed our first antenna on the roof was a landmark occasion. Mom filmed it. Up on the roof, nimble as a cat, Dad anchored wires at each corner of our modest suburban home and then

raised the antenna. We transferred those old movies to video years ago and when we watch the "antenna raising" today, it reminds me of the Marines raising the American Flag over Iwo Jima. Back then, for my brother, my sister, and me, it was just as momentous

They delivered our first TV in 1952, a Dumont Table Model. We were a working class family with not a lot of disposable income, but when Dad did part with his earnings, he always bought

A trained electrician who worked at Westinghouse, Dad loved wires and tubes and hardware. He probably could have built his own TV. He built his own Hi-fi from scratch right after the war, and I think he invented the first woofer. He loved the bass and when he placed our old 78s on that turntable and cranked it up, the windows vibrated. He played The Wayward Wind, The Green Door and Sixteen Tons so often; to this day I can sing all the lyrics on cue, from memory.

We had three channels broadcast from San Francisco. It seemed like more than we would ever need or ever have time to watch.

Dad enjoyed the gadgetry of



television more than actually watching it. "Come on in and watch this show," my Mother would plea. "Too many commercials, every three minutes, nothing but commercials," he would call back, slapping the newspaper and snapping it for emphasis. Then went back to reading the headline: "Adlai

Stevenson will not try for a third run at the White House. Oh, he watched some, but it took

Rawhide, The Friday Night Fights or You Bet Your Life to get him to sit down in front of the Dumont.

On Saturday mornings though, he was up with the birds stationed behind the TV with the back panel off tweaking the test pattern. A heavenly aroma of bacon cooking and coffee brewing came from the kitchen where Mom was making breakfast.

Down on one knee behind the • TV and using a mirror that he held out with one arm to see, the test pattern bobbed up and down and back and forth, elliptical, then symmetrical, then perfect. Mission accomplished, he celebrated with a big breakfast of bacon and eggs.

Those were the days when vertical control might go haywire, or maybe it was the horizontal control. Anyway, when the screen went out of kilter it looked like a psychedelic striped necktie. Then Dad would fiddle with the knobs until it either righted itself, or it was time to go down to Rose's TV for a replacement tube. If a tube went out on Sunday, too bad, in pre-Walmart and 24/7 Safeway days, we made

do with a book or a board game until Monday evening.

Eventually the Dumont was replaced, banished to the spare room. 'doing time' with the sewing machine and other items we didn't use anymore but were too good to throw out. "We might need them someday," was the

I have no recollection of the TV that replaced the Dumont. All I remember is it was a color console. I never considered it a member of the family. I have no fond memories of lying on the rug in front of it watching Sky King early on a Friday evening while Mom and Dad went to the bank to deposit Dad's weekly paycheck and then grocery shop for the week. The replacement TV was not there for my Ricky Nelson crush, or Kennedy's assassination, or Elvis' appearance on Ed Sullivan. And Dad never took the back panel off, either. *

F.Y.I.

Digital TV - Are You Ready?

On February 17 (as currently scheduled), over-the-air TV will change forever. That's the date that local stations across the country are switching over to a new digital (DTV) format, with clearer pictures, additional channels, and with broadcast schedules and closed captioning available at the touch of a button. If you don't have cable or satellite, you may need to get a DTV converter box to keep watching TV after the switch. Reclaim the Media is a Seattle-based non-profit group that is providing volunteer assistance to those needing help during the transition, including instructions on acquiring and installing DTV conversion boxes. For more information about the Seattle DTV Assistance Center, call 206-508-1277

For government website information and updates go to www.dtv2009.gov/

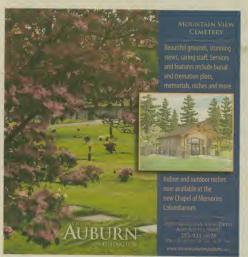
Who Invented E-Mail Anyway?

...by Barbara Kindness

Every once in a while, I stumble across someone - usually a senior citizen - who does not have a computer and/or has no e-mail account. In other words, they have no means of communicating with friends other than by paying them a visit, writing a letter, or picking up the telephone and dialing. What a pity! I just came home from a long

day at work and eagerly went to my computer to see who had written to me. I had three e-mails offering me an opportunity to look at my credit report. Two messages offered me a free 50-inch Plasma TV. Two more offered me financial aid for students. Then there was the one giving me a discount on Viagra. Still another wanted me to enroll in a dating service. Oh, yes, then there's one that offers to find all my old classmates. Let's see – there's a great deal on a new car and another telling me the warranty on my car has run out. There was another telling me how to prevent foreclosure on my house while still another offered me great finds on foreclosures. The job offers are many: I can become a forensic specialist, a radiologist, a pharmacist, a process server - all online. I can lose weight, get rid of wrinkles, acne, cellulite, bad breath, and find my soulmate presumably after having taken care of the first five. I can get help with ED, menopause, go to Las Vegas for four days, win the lottery, and grow hair!

Of the 55 messages, 6 (SIX!!) were from people I know and care about. So, see what you're missing, all you non-tekkies? Life is obviously passing you by. Bless



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The Great Outdoors

Wild Animal Migration Near Snoqualmie Pass

...by Roger Urbaniak 11/12/08

Plans are being developed to assist wild animal migration near Snoqualmie Pass. Widening plans for I-90 near Snoqualmie Pass, with



Roger volunteers with a tracking study that will help migrating wild animals cross I-90 safely

construction scheduled for 2011, will provide for wild animal crossings at selected locations. Department of Transportation intends to provide for animal passage where animal migration routes have been observed, especially as they intersect the freeway. Animal passage will be facilitated by providing tunnels under the highway plus constructing animal overpasses for the larger animals at two locations.

Wilderness Awareness School was contacted by WSDOT three

and asked to gather animal data. They wanted to know what animals frequented selected stretches of freeway to note animal travel patterns

vears ago

that might put them in contact with the highway. Since many animals migrate with changing weather conditions, winter tracking information was supplemented with photos by using cameras placed along established trails during the no-snow periods.

I joined Dave Moskowitz and others involved with Wilderness Awareness School when they began a training program for snow tracking volunteers three years ago. Volunteers learn how to identify various animal tracks, read a GPS,

and record data such as species, tree cover, direction of travel, and tracking conditions. Animals such as lynx, wolverine, wolf, bear, and cougar were the most sought after tracks and given a level one priority. Tracks of the more common deer, elk, and coyote were level two interests, while squirrel, rabbit, rodent, and birds were level three and only noted in our iournals.

Normally, four volunteers meet up at Preston and then carpool to an assigned tracking area, strap on snowshoes, and prepare for a day of fun in the snow. Tracking outings usually covered around a mile along the freeway and focused in selected areas from exit 54 to exit 70, with snowshoe transects often covering both sides of the freeway on the same day.

The first year snow tracking didn't begin until January; most of the larger deer and elk had already migrated from the survey area. They were quickly followed by cougar migration. There were still lots of coyote, bobcat, snowshoe rabbit, beaver, and occasional otter. Some of our tracking assignments were close to snow park sites frequented by cross country skiers and snowshoe enthusiasts. One of the more difficult parts of our assignment was differentiating wild animal tracks from the assortment of pets that accompanied people using snow park trails.

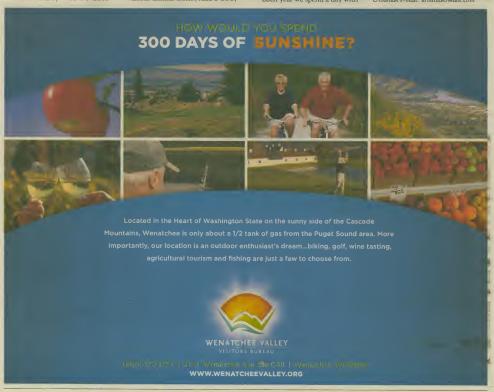
Each year we spend a day with

Dave to update our training skills, form our tracking teams, and select our outings. I try and get the Easton assignment, since it is easier to snowshoe. This year at training it was announced that our previous tracking information had been used by WSDOT to help design two animal overpasses on the new freeway, plus five underpasses.

Volunteers learn how to identify various animal tracks, read a GPS, and record

A related organization put out cameras in the Okanogan area and captured footage of wolves. This caused quite a stir, since wolves are classified as endangered in our state. We continue to learn new things about our wildlife through this type of study, plus,I have found it to be darn good exercise. I also enjoy the fact that it all occurs at a time when the scenery in snow- covered forests is hard to beat. If you would like more information about tracking or other wilderness survival programs www.WildernessAwareness.org is a good place to start your search. *

Questions or comments contact Roger Urbaniak e-mail: urbaniakr@aol.com



The Funny Side of Life

The Worst Senior Milestone Ever



Sy Rosen

I've talked before about those aging milestones.. those dreaded moments in time when you suddenly feel older. The first time you're called

sir or ma'am. The first wrinkle, the first gray hair, the first bald spot, the first liver spot, the first senior discount, the first time you wear suspenders, the first time you joke about a senior moment, the first time you get scared about having a senior moment. But I just came upon an aging milestone that was by far the worst I've ever had (even worse than my first colonoscopy). But more about that later - how's that for suspense?

I was at my mom's retirement community, sitting in the lobby, waiting for her to come down so

I could take her out to lunch and the movies. My mom likes this independent living facility although she continually complains that the other residents are much older than her. My mom is 85 and the average age is 83 but I know better than to point that out to her.

One of the workers there, a young woman, walked up to me and said I'd better hurry up or I'll miss the bus that was going to take all the residents to the 99 Cent store.

'No, no," I replied, "I don't live here. I'm visiting my mom."

"Oh," the aide said.

It was an "oh" that expressed surprise and disbelief. It was an "oh" that said 'who are you kidding. you're a resident.' It was an "oh" that said 'you belong here.' And that, of course, was my worst senior milestone ever.

Intellectually, I understood that the aide was about 25 years old and to her everyone over 50 looked the same. I understood, but I still hated her. After all, I was a young,

vibrant, spry (does anybody say spry anymore) 60-year-old

I should have put the whole thing out of my mind but I couldn't. I bounded over to the front desk. I say bounded because I tried to walk as youthfully as possible. I actually considered jumping over one of the couches but was afraid I would fall and break my hip.

l just came upon an aging milestone that was by far the worst I've ever had

At the front desk was a man/ child in his early twenties. He was wearing an oversized name tag that said, Ernie.

"How old is your youngest resident?" I asked.

"She's 72," Ernie replied, "Do you want to meet her? She's a

lovely widow. I could sit you next to her at lunch."

"No, no, I'm not really interested in dating anyone right now. I don't think my wife would

"Oh, your wife lives here too," Ernie said, "we don't have many couples here."

"No, no, I'm not a resident. You see, I'm too young. And if 72 is your youngest resident than you're really making a big, big mistake."
I chuckled. Ernie didn't.

I was thinking of removing Ernie's spleen with my bare hands when my mother came into the lobby, ready to go to the movies. I asked her how she was doing and she said, "Fine. I just wish that I wasn't so much younger than everybody here."

It suddenly hit me that my mom and I weren't that much different (I can't tell you how much I hated writing that last sentence). I was younger than everybody there and my mom felt younger. Actually, every day she felt a little younger.

She took my arm and the two of us, the two youngest people in the retirement home, walked out the front door. What movie did we go see? Why The Curious Case of Benjamin Button, of course. &

CHANSONS D'AMOUR

(oldies but goodies)

.. by Len Elliott

Across

- 1. Adamson's storied lioness
- 5. Slides in the snow, in a way
- 9. Photo finish?
- 14. Cash register drawer
- 15. Shade of color
- 16. He wrote "The 37-Down Song of J. Alfred Prufrock"
- 17. Amo, amas,
- 18. Wine prefix
- 19. He adored Juliet
- 20. First three words of Beatles hit, "All You Need Is 37-Down" (1967)
- 23. "Far out," in later slang
- 24. Seminary subject: abbr.
- 25. Peerce or Sterling
- 28. Handkerchief alternative
- 31. Corrida creature: Sp., 2 wds. 34. Deafening noise
- 35. Beatles hit from the "Please
- Please Me" album (1962)
- 38. Singer Fisher
- 41. Tokyo's former name (poem of adoration reversed)
- 42. For the heck of it: 2 wds. 43. Everly Brothers hit of 1957
- ·46. Starter for American naval
- vessels: abbr.
- 47. Brook
- 48. Okay to ingest
- 51. Likely
- 52. Memorable time in history
- 55. Savings option: abbr.
- 56. Elvis Preslev hit of 1956
- 62. Rival of 19-Across

- 65. Prefix for mutuel 66. Boy: Sp.
- 67. He beat McCain in 2008
- 2 wds
- with (is privileged): 68. Has _
- 69. Greek god of 37-Down
- 70. He lost to Truman in 1948
- 71. Yin's counterpart
- 72. Relative of dem and dose.
- languagewise

Down

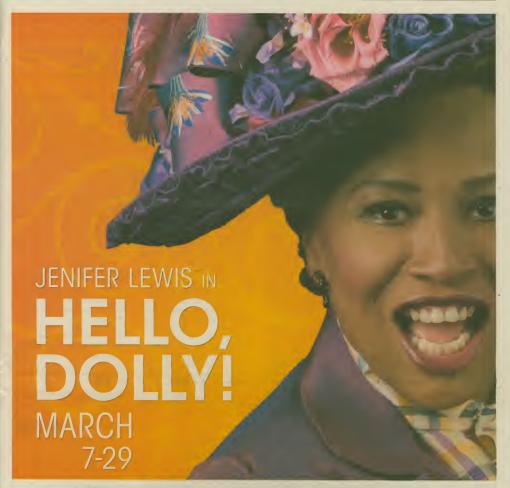
- 1. Latin list ender: 2 wds.
- 2. Superstar's wheels, for short
- 3. Certain Eastern European
- 4. Changes to fit 5. Got to one's feet: 2 wds.
- 6. Capital of Ukraine
- 7. It can precede sanctum or ear 8. Fur scarf
- 9. Game show innovator Griffin
- 10. Soothing substance
- 11. "Tiny" kid in a Dickens tale
- 12. It's sometimes stubbed
- 13. DDE's purview in WWII: abbr.
- Vegas
- 22. Butter sub
- 25. Feeling great happiness
- 26. Excite
- 27. Subjects, usually
- 28. Clean: 2 wds.
- 29. One way to start a paragraph
- 30. Donkey: Ger.
- 32. 56, to the Romans
- 33. "____ lords a-leaping..."

38 30 48 68

Solution on page 34

- 34. Actress Paget or Winger
- 36. Bachelor's last words? 37. This puzzle's theme
- 39. Son of, in Arabic names
- 40. CBS-TV symbol
- 44. Altitude: abbr.
- 45. Working on Time (or Newsweek)
- 49. Anger
- 50. Forbidden
- 53. Settle, as a loan 54. Appliance manufacturer

- 56. Citrus fruit
- 57. First two words of our national anthem
- 58. Ireland, poetically
- 59. Serious, as a situation60. "The Dukes of Hazzard" deputy
- 61. American Beauty, e.g. (and a fitting anagram of 69-Across) 62. Pea place
- 63. Lincoln or Fortas
- 64. Uncooked



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Scenes From Childhood

Shooting The Duck

...by Jan Dalby

In Northern Minnesota, where I grew up, the temperature could get down to 30 below zero. Schools closed then. At 25 degrees and above, we children, bundled in warm clothes, played outside. Our parents didn't want to raise hot house plants, they claimed.

claimed.

Many grade schools Janet at age 14 in our city froze their playfields to provide skating rinks.

One fairly warm night when snow was falling and there was a slight wind, my friends Mary, Sara, and I were given unusual permission to go skating on a school night. We were about 11 years old.

As we hurried over Columbus Avenue to our school, looking up, we could see the snow swirling around the street lamps. It was exhilarating weather that evening, and we were excited.

Breathless, we arrived at the rink. The warming house with its lingering smell of scorched leather mittens, wet



wool, and the current wood smoke, was disappointingly free of people. Except for the warming house man, we were alone.

Where the ice had been cleared of the fast falling snow, we stretched out our arms and let the wind propel us across the rink. Next we practiced shooting the duck: squatting down and extending a leg out in front while gliding across the ice. Rarely did we finish standing up again. Next,

we imitated star skaters and stretched out our arms and raised a leg behind. Angels, we called it. Then, letting off steam, we raced each other. We weren't ice follies material, just kids having fun.

I remember the year because my dad came for us in his new 1936 car. Our tired bodies sank into the new smelling upholstered seats as we rode home.

It had been fun skating, even without any other kids on the rink. ❖

Janet Dalby of Bellevue is in Frances Dayee's manuscript critique class and is working on her memoirs.

Scenes From Childhood

The Raggy Ledge Adventure - 1945

...by Fred Lanphear

We were out of the house on our way to the boat in the early morning, or what seemed like the middle of the night. It was a cold morning with frost on the deck. After a two-hour trip off the southern Rhode Island coast, we were almost there. Locating Raggy Ledge was to become an experience that elevated my father to a elevated my father to a

Grand Wizard. What was even more exciting was discovering the "secret" of the triangulated landmarks that could be used to pinpoint when we were directly over Raggy Ledge.

Dad dropped anchor and set up four fishing lines. It is hard to describe the excitement of the next two to three hours. As soon as we dropped each weighted line to the Raggy Ledge, we would feel an immediate tugging that indicated the fish were hungry and attacking the baited hooks. We pulled up a line, removed either one or sometimes two fish,



Little Freddie with his lunch bail

tossed them into the well, baited both hooks and dropped the line overboard. We then pulled up the

We then pulled up the second line to find, again, at least one, if not two, large black fish or a prized cod. A couple of times I hooked a fish in its side as I pulled up a line. They were so thick.

We stopped fishing after two hours, not because the fish weren't biting but because we did not have any more room in the well. Pulling anchor, we headed for the fish docks where we would sell our catch of two barrels of fish.

We returned home by early aremon with Dad probably greatly relieved that the boat had brought us back safely and myself, experiencing the exhilaration of a big adventure with a father who had greatly grown in stature. •

Fred Lanphear, a retired professor, is a co-founder and current resident of Songaia Cohousing Community in Bothell and is active regionally and nationally in promoting and supporting intentional communities.

Please send us your Scene from Childhood. Submit no more than 300 words, including a brief author bio and a childhood photo. Articles and photos can be e-mailed to Suzanne Beyer at DLBeyer@comcast.net or mailed to NWPT, PO Box 13647, Seattle, WA 98198. All submissions become the property of NWPT. Since photos will not be returned, send a copy. Writers chosen will be entered into our twice-yearly drawing for an Anthony's Home Port gift certificate.

THIS MONTH IN NW HISTORY Roosevelt's Tree Army

.by Diann MacRae

When Franklin Delano Roosevelt was sworn in as president on March 4, 1933, it took less than a month for Senate Bill 5-598—the Emergency Conservation Work Act, commonly known as the Civilian Conservation Corps (COCU—to reach the president's desk and be signed into law. This law was to recruit thousands of unemployed young men—average age 17—into a peacetime army. Their battle? A massive salvage operation for the environment of the country.

President Roosevelt promised to have 250,000 men in camps by the close of July, 1933. An almost unheard of cooperation among various branches of the U.S. government rook place. Men, material, and transportation on a scale never heard of during the time of peace took place.

Robert Fechner was appointed executive director in early April and worked closely with an advisory council. This council was comprised of the Army, which handled logistics; the Department of Labor, which was responsible for the enrollment of applicants; and the Departments of

the Interior and Agriculture, which were accountable for planning work to be performed in all states.

As the program got rolling, the public supported it wholeheartedly, young men enrolled

enthusiastically, and even haters of Roosevelt praised the Corps. Payment to the recruits was \$30 a month, with mandatory \$25 allotment checks sent to their families.

Tent camps sprang up in all states and the recruits were eating heartily and gaining weight as they worked to improve millions of acres of federal and state lands and parks. Some of the many welcome accomplishments of the CCC were: 3,470 fire towers were erected; 97,000 miles of fire roads built; telephone lines were strung; over three billion trees were planted; 500 of the camps performed erosion control; 46 camps were assigned to man-made drainage systems for farmlands; CCC men helped during floods, blizzards,



The Civilian Conservation Corps recruited thousands of unemployed men during the Great Depression

500,000 men in 2,600 camps, the highest total for the duration of the

the duration of the Corps. Senators and Congressmen soon realized the importance of to their constituencies and

and other natural

By 1935,

there were about

disasters

the camps to their constituencies and demanded the building of new camps in their states.

As in all gigantic endeavors involving so many personnel, there were modifications. The first was extending coverage to nearly 14,000 American Indians. This number was to grow to 80,000—they were paid to reclaim land that had once been theirs—a sad irony. The second modification involved authorizing the enrollment of about 25,000 older men.

All good things seem to come to an end and the CCC was no different. No one failed to recognize the many accomplishments of the Corps, but Congress had always refused to establish the Corps as a permanent agency.

The Corps was reduced to less than 200,000 men in 900 camps by the summer of 1941. With the bombing of Pearl Harbor and a nation now dedicated to war, the Corps gradually ended. The Corps was abolished by July of 1942 when Congress refused more funding.

While the CCC was gone, it was not forgotten. The Corps was the model for many state organizations that sprang up in the early 70s. Today, young people generally ages 16-25 work full time on community projects, educational activities, and training. Now known as the National Association of Service and Conservation Corps (NASCC), there are 111 Corps in 41 states. Another similar program emerged under AmeriCorps.

Washington state's Corps is part of the Department of Ecology and under the AmeriCorps. It employs both men and women ages 18-25 in various projects to protect the natural resources of Washington.

The tents may be gone but the spirit of the Corps lives on throughout our country. What better way to know your country's natural side than to live and work in it and know that you have contributed to its well being.

Writing Corner

Build-A-Book #6

..by Ariele M. Huff



Ariele M. Huff

We are continuing to "build-a-book" of a particular time in our lives. This segment documents what was good and right in this period. Make a list of

good elements or good times OR tell about a special one. Don't worry that you aren't including bad things or problems. Our minds will always spend plenty of time on those! If you need to write about those, you can do that as a separate exercise.

Here's a submission about some favorite moments (last month's assignment) and how perspectives can change in adult years: Seattle's Hooverville

Growing up during the Great Depression, we didn't know those were hard times. For fun, we went fishing on the waterfront piers before access was restricted. For bait we dug pile worms at low tide at the foot of Jackson Street. To get to the mudflats, we had to walk through "Hooverville." which was a gathering of homeless, jobless men common throughout the country. They lived in handmade shacks without water, heat, or bathroom facilities. They were named for President Herbert Hoover, as a derogatory response to the nationwide unemployment. In my "Huck Finn" optimism, I looked at them with envy, thinking how free, independent, and happy they were—never realizing how destitute they really were: dirty, hungry, cold, sick, and lonely. Their only consolation [in the Hooverville] was at least they were not alone! --Yukio Tazuma

Poetry Corner

A Walk (from yesterday to tomorrow) Yesterday I went for a walk.

I got lost. Today I found my way back. Halleluiah! Tomorrow I will stay home. You learn, don't you? -- Howard Livingston Stroupe

CROSSWORD

During my twenty years of marriage, my husband's mother never said a cross word to me. Her only cross words were the ones she puzzled out, working crossword puzzles. -- Dorothea Kewley

Another writer finds time doesn't tarnish some things:

During the Depression, money was scarce. People were forced to move in together, cut expenses to the bone, and cope. Our family of four moved in with grandparents and a great aunt and uncle. Weeks before Christmas, there was a lot of activity behind closed doors as the grownups made gifts. On Christmas morning, we squirmed at the table, having been told to eat breakfast before the parlor door would be opened to the tree and gifts. It was love at first sight when I saw the rag doll my Great Aunt Ella had made. She was as tall as I with button eyes, pointy feet, and a simple dress. Uncle Charles suggested the perfect name for her, Frowsy Drowsy Campbell. I had a hard time forgiving my mother when she gave her to the Salvation Army when I was twelve-my first lesson in loss. --Jackie Silva

If you want to play along with building a "book of you," send me 150 words or less telling me what was good and right in the period of time you're covering in your book. Send to ariele@comcast.net with "build-a-book" in the subject line or by regular mail to Northwest Prime Time News and mark it for Writing Corner. *

Ariele M. Huff teaches at the Greenwood Senior Center; the UW Women's Center; Edmonds Parks Department; and Shoreline, North Seattle, Cascadia, and Everett Community Colleges, as well as through her own web site: http:// ariele.freeservers.com/ where you can see her bio, available class list, and other

Escape from L.A. [to Seattle] When I ran from the sun

fate came along a quiet companion

grape-like bunches of snow [fell] like batches of white parachutes [my face] against glass looked back as if in a snow-globe

hot-shot skiers in florescent-tasseled hats grinned as they passed by my taxi the driver turned to me at the bottom said sadly "I'll never get back up that hill" I gave him another buck

It was 88 in L.A. that day -- Charles Inge, [Excerpts]

Poetry Contest The Shoreline-Lake Forest Park Arts Council invites submissions for a poetry contest as part of the annual Poetry Month Celebration to be held in April. The deadline is Friday, March 20.Cash prizes and ribbons will be awarded. For questions call 206-417-4645 or email: info@shorelinearts.net.

Book Reviews

by Nancy Pearl



only cozy mysteries will do the trick. For readers who aren't familiar with the term, in a cozy mystery whatever

blood and gore there is, is minimal, and always takes place off the page; the cozy mystery is most often set in a small town; it's the polar opposite of "noir" fiction, and there's usually an amateur female detective involved. Someone - I don't know who - most succinctly defined this type of book as "murder in a teacup." The Brits were the first to perfect it, most famously in the series of Miss Marple mysteries by Agatha Christie. Cozies are the favorite subgenre of many mystery aficionados, and if you count yourself among that large group, then you won't want to miss reading the series of delectable novels by M.C. Beaton featuring Agatha Raisin. Since many of us like to read a series in order, I'm happy to report that the first two of about twenty Agatha Raisin books, The Quiche of Death and The Vicious Vet, are now available in a trade paperback edition under the title Introducing Agatha Raisin (St. Martin's/Minotaur, 2008). In the first, fifty-something Agatha sells off her high-flying public relations firm in London and retires to the small village of Carsely, in the Cotswolds. In a misbegotten attempt to gain acceptance among her mainly unfriendly new neighbors, she buys a spinach quiche from a restaurant and passes it off as her own in a local bake-off. Not only does she not win, place, or show, but in fact the judge dies after tasting her entry. So who put the cowbane in the quiche? Accident or murder? Agatha takes it upon herself - with the help of Bill Wong, local policeman - to figure it all out. In the second, The Vicious Vet, Agatha, always looking for the main chance and a handsome man, sets her sights on the attractive vet in town and figures that the fastest way to his heart is through an examination of her cat. She figures the cat has no communicable diseases, so who's responsible for the death of the doctor? As amateur detectives are wont to learn. snooping carries its own dangers.

Leningrad in 1942 may seem to be a strange setting for a novel that is best described as a lively, goodhearted buddy tale, but there it is, and if you enjoy the elan of movies like Butch Cassidy and the Sundance Kid and The Sting, here's the novelistic equivalent. (When I told

a friend how much I enjoyed reading David Benioff's City of Thieves (Viking, 2008), he replied that he bet there was already a screenplay of it in the hands of the young actor Shia LaBoeuf. I can but hope that it's true, because it would make a most entertaining film.) The novel is introduced by a visit between the author and his grandfather. David Benioff presses his elderly relative for information about what happened to him in World War II; what follows the first chapter is his grandfather's tale. But there's a catch. How reliable is the older man's tale? When David tries to get answers to some of his specific questions, his grandfather tells him that since he's a writer, he should just make it up. So how much is truth and how much fiction? Maybe it doesn't matter. Certainly, each reader will answer the question differently after finishing City of Thieves. In 1942, Leningrad was deep into the throes of a 900-day siege by the Germans, who were determined to starve the Russians into submission. Lev Beniov, too young for the army and too old to accompany his mother and sister when they leave the dangers of Leningrad for a hoped-for safety in the countryside, is arrested and imprisoned by the police for ignoring the curfew and looting a dead Nazi paratrooper, a crime punishable by execution. His cellmate is Kolya, who seems to Lev to be the very opposite of himself: Kolya is high-spirited, good looking, knows the ways of the world (and women), is courageous, self-confident, and reckless. His crime is desertion from the army, and he, too, is condemned to death. But the two get an unexpected reprieve: a Russian colonel offers them a chance to escape the firing squad on the condition that within the next five days they bring him a dozen eggs to be used in his daughter's wedding cake. This seemingly impossible task propels the improbable duo into a series of both wacky (meeting up with a pair of urban cannibals) and dangerous (an encounter with a fearless and dedicated group of Russian partisans, one of whose members is a beautiful young woman) adventures, both inside and outside the starving city. This page-turner is not only engrossing, but it has the added value of bringing a particular historical time and a place to life. Make reading and discussing it a thirdof a book discussion group trifecta: it fits well with Debra Dean's The Madonnas of Leningrad and Harrison Salisbury's comprehensive but very readable non-fiction account, The 900 Days: The Siege of Leningrad.

Every Monday on KUOW 94.9FM at 2pm, Nancy Pearl shares her thoughts on newly published works. The recipient of the Women's National Book Award, Nancy Pearl is the author of the bestselling BOOK LUST and its sequel MORE BOOK LUST. For more information, visit www.nancypearl.com

A Calendar of Places to go, do, or see...

Senior Events

Age in Place Communities
Feb 4, 5:30-7pm; Mar 13, 1-2:30pm; Apr
16 3:30-5pm; learn about a non-profit effort 16.3:30-5 pm; learn about a non-profit effort to form neighborhood groups to help you age in place with services and programs in your own neighborhood, all meetings held at Seattle Public Library, 680 1.35th Ave. NE in Seattle. 206:527-2024 1.
Carnival Time Bingo
Feb 6, 3:30-pm, fundraising event with Bingo, "Hot I panema music," food/beverages, \$1.5 donation, Senior Center West Seattle, 42:17
SW Oregon St, Seattle, 206-932-4044 ev 1.
Caraft and Jewelry Sale
Feb 67, senior volunteers have created a

Feb 67, senior volunteers have created a wonderful assortment of jewelry and crafts, Northshore Senior Center, 10201 E Riverside Dr, Bothell, 425-487-2442.

Grandparents' Rights
Feb 7th and 21st, 2pm, G.R.O.W.S (Grandparents' Rights group) meets twice a month at Bornaby's Restaurant, 16401 West Valley Hwy, Tukwila, Contact Bob Rudolph, 253-232-8927.

Tülwili, Contact Bab Rudolph, 253-232-8927.

Alzheimer S. Advocacy Day
Fab 10, Alz Assac will schedule appointments
with legislators, talking points, handouts and
training provided, 800-848-7097.

Headthicare Funding Workshop
Fab 11, 6:30-9pm, Funding Health Care: Medicare, Medicaid and Long-ierm Care Insurance
workshop, presented by Jewish Family Service,
open to all, 16:01 16:1 Avenue South, Seattle.

Perregistration is encouraged, 5:10, scholarships available, 206-86:1-8784.

Red Hat Auction
Feb 12, 1-3pm, fashion show and dessert tea,
Garfield Comm Ctr, 2323 E. Cherry, Seattle,

206-6844781.
Senior Lobby Days
Feb 17, 8:30am, WA Senior Citizen's Lobby
day in Olympia features Governor Gregoire,
morning coffee & rolls and lunch provided,
United Church in Olympia, 110 11th Ave SE,
www.waseniorlobby.org, 3607540207.

Coffee Hour

19, 10am, Seattle Mayor's Office for Seniors every 3rd Th of month, 810 3rd Ave, 4th fl, Active Senior Fair
Mar 14, 10am-3pm, mini-seminars, fashion show, entertainment, health screenings, ven-

show, energatinents, nearm screenings, veri-dors, door prizes, event geared to active senior, Westminster Chapel, 136:46 NE 24th Street in Bellevue. Free parking, 425-588-5800. Gospel Music & Pie Social Mar 22, 2-33-90m, Kemmore Community Club, 730.4 NE 175th St, Kemmore, \$5-\$10.

Senior Housing Events Horizon House Feb 17 & Mar 18, both days at 11:30pm, Dis-

cover & Learn events, complimentary parking, 900 University Street, Seattle, RSVP 206-382-

Community Events

Afternoon Dance
Feb 11, 1-3:30pm, Come enjoy an afternoon
of dancing with the Burien Elks, no partner necessary, \$4 donation, Burien Elks Lodge, 14006
1st Ave, Burien, 206-243-7044
Green Burial

Feb 5, 6:30-8pm, free community service tolk on home funeral vigils and green burials as a positive environmental, emotional and econom ic option, Shoreline Library, 345 NE 175th, Shoreline, 206-362-7550.

Panoreline, 200-362/550.

Illuminating Langston Gala
Feb 7, 6-9pm, Celebrating the 107th birthday
and Illuminating the life of Harlem's Poet Laureele Langston Hughes, Langston Hughes Performing Arts Center, 104 17th Ave S, Seattle,
206-386-1177.

200386-11/7.
Home Design and Remodel Fair Feb 8, 10am-4pm, Offers a wealth of ideas to help make the most of your home and help save money, \$6.59, Phinney Neighbor-hood Association, 6532 Phinney Ave N, Seatle, 206-783-2244.

Historic Seattle

residences: Feb 26, Sunset Club; wine and ap petizers, lecture and tour; Preserving Utility tolks

petizers, lecture and tour, Preserving Utility tolks Mar 2. Nucor Steel Plant, Mar 3. Ash Grove Cement Company, Mar 15, Apartment Building walk' Mar 28, How to work with an Architect, 1117 Minor Ave, Seatile, 206-622-6952. Red Wine & Chacotlete Feb 14-10, Yakima Valley offers a weekend of winery tours, music, and other activities, wineyakimavalley org, or call 509 965 5201. Black History Celebration Feb 21, 7:30pm, The Film 10,000 Black Men Named George, "trace he founding of the 1st African American Union, New Treeway Holl, 5018 Rainier Ave S, Seattle, 206-722-2453. Germ, Jewerley, Mineral Show

Gern, Jewelry, Mineral Show Feb 21-22, 10am-5pm, free show at Washing-ton National Guard Armory, 2730-Oaks Ave, Downtown Everett, free, 425-232-0809.

Free Pancake Day
Feb 24, 7am-10pm, IHOP offers each guest
a free short stack of buttermilk pancakes and ask that guests donate what they would have paid for the pancakes or more to the Children's Miracle Net

Tacoma Orchid Society

Feb 24, 6:30pm, the meeting will be held in the bosement of the Bethlehern Lutheran Church. 101 E 38th St, Tacoma, 253-537-3829. Social Dance

Social Dance
March 7, People of all ages come out to socialize and dance to lively reels and jags, \$5.\$1.5,
Cherry Valley Elementary School, 27601 NE
Cherry Valley Elementary School, 27601 NE
Cherry Valley Elementary School, 27601 NE
Nordic Heritage Day
Mar 14, 10am-Apm, free admission & parking,
23905 Bothell Everett Highway (near Country
Village) fun day featuring food, dance, music,
geneology, fjord horses.
Eastside Genealogical Society
7pm, second Thursday of the month, learn how
to search far family, also, free geneology help
7-Spm Tisse 3. 1-3pm Wed, Bellevue Regional
Library, 1111-110th Ave NE, 425:277-0831.

Messies Anonymous
Non-profit 12 step self help group for those
who have problems with disorganization
and clutter, located in Black Diamond 206650-1220, Burien 206-248-2922, Shorelin
206-364-697 or 206-784-2797.

Giant Rummage Sale
Apr 11, 8:30am-2pm, Mark your calendar
for this big event, no admission, ample free parking, numerous vendors, proceeds benefit Sr. Ctr., Kent Senior Activity Center, 600 E. Smith St, Kent, 253-856-5150.

Health

Hearing Aids Feb 2, 1 pm-2:30pm, learn about hearing aid

red z, Ipm²:3Upm, learn about hearing aid options, Fres, Speech and Hearing Dept/UW, 4131 15th Aws NE, Seattle, 206.543-544U, 4131 15th Aws NE, Seattle, 206.543-544U, Adult Day Health Open House Fab 9, 11am-12pm, Observe the program for older adults and meet the staff, Providence Mount St. Vincent, 4831 35th Aws SW, Seattle, RSVP to 206-938-6036.

Funding Health Care

Feb 11, 6:30-9pm, Explore Medicare, Medicaid, and long-term care insurance options, \$10, JFS, 1601 16th Ave, Seattle, 206-861-8784.

206-861-8748.

**Diet & Longevity
Feb 23, 7:30am, Dr. Campbell presents his
groundbreaking study, includes continental
breakfast, \$20, Bastyr University Chapel,
RSVP 425-602-3355, adjacent to St. Edward State Park at 14500 Juanita Drive

NE, Kentmore.

Reforming Health Care
Feb 25, 6-8pm, expert panel discuss "Reforming Health in a Post-Election America," Part II,
Examine a broad spectrum of issues related
to the state of the health care system, Bastyr
University, 14500 Juanita Dr NE, Kenmore,

425-602-3103.

Healing with Herbs

Feb 26, 7pm, Suzanne Way, naturopath

read accuprantist is giving a fee talk about

natural treatment options for boosting your immune system, lynnwood bitary, 19200 44th

Ave W, lynnwood, 425-778-2148.

Buring Well with Chronic Conditions

Mar 19, 9:30am & 1:30pm, workshops

meet weekly for 6 weeks at two Pierce county.

meet weekly for 6 weeks at two Pierce county locations, \$20 scholarships available, call Barbara for info: 253-798-3807.

Group Health Clear Care

Seminars/Q&As, locations around the Puget
Sound Region throughout February & March,
Reservations 800-446-8882 Ext 415, TTY
Relay, 800-833-6388 or 711, www.ghc.

• Providence Hospice

Providence Hospice of Seattle offers a series of grief support groups including The Mother's Tea on Mar 9 at 3pm, 206-749-7704.

Drivers Needed

Become a volunteer driver with Senior Servic-Become a volunteer driver with Senior Services Fransportdino Program, and be a helping hand and moral support for seniors in your community, call 206-748-7588.

Long Term Care
Feb 17, 18, 24, 25, volunteers need to assist vulnerable adults, Snohomish County Long Term Care Ombudsman Program, free train-

ing provided and expenses reimbursed, 425-388-7393.

Books & Lecture

BOOKS & Lecture
National Geographic Live!
Fab 2.3, 7:30pm, "Army Ants, Orchids, and
Dancing Frags," by Mark Moffelt; Feb 2223, 7:30pm, "Open Heart, Open Mind,"
Journalist Use Ling, host of Emmy winning
"Explorer," Nar 23-24, 7:30pm, "Celtic
Heart, Celtic Soul," by photographer Jim
Richardson on his trips through Celtic lands,
Benaroya Hall, 200 University St, Seattle,
206-215-474 000

206-215-4747

• Learning is ForEver (L.I.F.E.)

Learning is ForEver (LL.F.E.)
Feb 5, 10:30mm, a presentation of Morocco
and Leihaco by Marlene Buffington, a teacher
and Peace Corp volunteer, \$10, Garfield
Book Company, Fireside Lounge, 208 Garfield St, Parkland; Feb 19, 10:30am, Harlen
Zink presents a program of dramatic and
interpretative readings; Feb 23, 10:30am,
Virture 1988,

Karol and James Brown of Inquiring Minds present, "A Visit with Harriet Tubman," both \$10, Garfield Book Company, 208 Garfield St, Parkland, 253-531-9037.



Fty Typing 101 Feb 7, 2-3pm, Learn the intricacies of typing just the right fly to lure fish and enhance your experiences on the water, Mukilteo Library, 4675 Harbour Pointe Blvd, Mukilteo, preregister 425-493-8202.

Helen Thayer

Feb 15, 2pm, Helen Thayer talks about her experience living in the Canadian Yukon 100ft from a wolf den, \$8-\$12, Northshore Senior Center 10201 E Riverside Dr, Bothell, 425-487-2441.

Edgar Allan Poe Feb 17-20, 7pm daily, celebrate 200 years of Poe with talks, poetry, film & music, University of Puget Sound, free and open to public,

www2.ups.edu/SymPOEsium
Puget Sound Weather

Feb 23, 7:30pm, Cliff Mass, prafessar at UW talks about his new book The Weather of the Pacific Northwest, Town Hall Seattle, \$5, 800-838-3006.

Mukitheo Library Book Group
Feb 23, 10am, come and discuss "Memory
Keeper's Daughter," by Kim Edwards; Feb 19, 7pm, come and discuss "Echo Maker," by Richard Powers; Mukilteo Library, 4675 Harbour Pointe Blvd, Mukilteo, 425-493-8202

9202.

Pugetopolis
Feb 25, 7:30 pm, veteran journalist and thirdgeneration Seattletie Knute Berger an his book
"Pugetopolis: A Mossbock Takes on Growth
Addicts, Weather Wimps, and the Myth of
Seattle Nice" with Timariby Egan & David
Brewster, Town Hall Seattle, 1: 800-838-3006.
Centerior Egantaphian.

Brewster, Jown Hall Seattle, 1-800-838-30. Container Gardening Feb 28, 1pm, CRONE group for older woman offers hands on workshop on container gardening, \$5, Wedgewood Presbyterian Church, 8008 35th Ave NE, Seattle, 206-729-1013.

Animal Communication
Feb 28-Mar1, join Polly Klein in two day class on telepathic animal communication, Bastyr University, 425-602-3075.

Botanical Watercolor Class March 2-April 28, Award winning botanical artist Louise Smith will teach an 8 week intro to botanical art, fee \$200-\$225, Lakewood Gardens, 12317 Gravelly lake Dr SW, Lakewood, 253-584-4106 x 108 for more

Exhibits

Zoo Animal Art Feb 7-Mar 5, art by Woodland Park zoo elephants and orangutans on display at Art/Not Terminal Gallery, 2045 Westlake Ave, Seattle, proceeds benefit zoos.206-233-0680.

Art on the Ridge
Feb 20, 5pm-9pm, "Think, Grow, Be..."
Come in for a look at flora, fauna all things growing and changing including our spirits and minds, Phinney Neighborhood Association, 6532 Phinney Ave N, Seattle,

206-510-3421. Women Painters of WA

Jan 5-Feb 27, An exhibition of Pat Hitchens-Watercolors, Macy's Art Gallery, 16001 3rd Ave, Seattle, 206-506-6813.

3rd Ave, Seattle, 200-306-0613.

Burke Museum
Jan 24-Jun 7, "Coffee: The world in your cup,"
Iandmark skhibit exposes true story of world's
most popular drink, Coffee, \$-588, University
of Washington Campus, 206-543-5590.

American Quilt Classics,

Thru May 31, A Stitch of History, The Bresler Collection 1800-1980, with every stitch and pattern a quilt reveals a glimpse of the past, Bellevue Art Museum, 510 Bellevue Way NE, 425-519-0770

BELLEVUE CHAMBER CHORUS Fred Lokken, Director



Saturday, March 7th 2:00 p.m. and 7:30 p.m.

The Theatre at Meydenbauer Center, Bellevue

Enjoy this exciting vocal jazz gala showcasing great arrangements and originals from a few of the Northwest's talented jazz composers!

Special guests will be fabulous local singing star GRETA MATASSA and the always swinging ANDY CARR TRIO. A musical party you don't want to miss!

Dance & Performance

UW World Series

Feb 5-7, 8pm, Lar Lubovitch Dance Company, Meany Hall on the UW Campus, 206-543-4880.

Northwest Tap Connection Feb 5, 1 pm, "African America Odyssey Modern dance and tap combine to tell story of slavery and the fight for equality, 600 4th Ave, Seattle, 206-684-7171.

Theater

Romeo and Juliet
Thru Feb 8, \$13-\$15, Youth Theatre Northwest, 8805 SE 40th St, Mercer Island, 206-232-4145, ext 109.

UW School of Drama Feb 1-15, Heat up February with "Big Love Charles Mee's epic adaptation of Aeschylus' The Suppliant Maidens, set an the southern coast of modern Italy, \$8.\$15, Meany Studio Theatre, Seattle, 206543-4880.

Always...Pasty Cline
Feb 12-March 8, A tribute to the legendary country singer, the show is based an a true story about Cline's friendship with a fan fram Houston, \$25-\$35, ACT's Bullitt Cabaret, 700 Union Street, Seattle, 206-292-7676.

Blithe Spirit Feb 15, 17, 18, UW School of Drama, \$8-\$15, 206-543-4880.

\$15, 206.543-4880.

Once Upon a Marthress
Feb 27-Mar 15, Everett Historic Theater, 2911
Colley Ave, 425-258-6766.
History Boys
March 42-28, "The History Boys," is a multiple
Tony award winning play about unruly, bright,
funny, boys in a British boys' school, \$10-\$29,
ArtWest Playhouse and Gallery, 4711 California Ava SW, Seattle, 206-938-0339.

Planes Ridden.

Village Theatre
The Importance of Being Ernest, thru Mar 1 Issaquah 425-392-2202 and Mar 6-9 Everett,

Musical Theatre

Jane Eyre The Musical Feb 13-Mar 1, Seattle Musical Theatre (formerly Civic Light Opera) presents this classic in musi-cal form, Magnuson Park's Community Center, 7400 Sand Point Way, 206-363-2809. In the Mood

Feb 14, 3pm & 7:30pm, 40s musical revui Everett Theatre, 2911 Colby, Everett, 800-

Fifth Avenue Theatre Mar 7-29, "Hello Dolly!" ev Mar 7-29, "Hello Dolly!" everyone's favori 206-625-1900, Groups, 888-625-1418,

Sondheim lecture

March 26, 1 pm, lunchtime Seattle toasts the musical theater genius Stephen Sondheim with a sample of classics and selections from his upcoming musical, City Hall, 600 4th Ave, Seattle, 206-684-7171.

Benefit Show

Feb 7, 3pm and 7pm, Benefit for Special Olym-pics featuring Sterling Dietz, Brothers from Dif-terent Mothers, Local High School Dance Team and Vanca Olanu, \$12.\$15, Renton IKEA Performing Arts Center, 425-377-8702.

Benefit Concert

Feb 21-22, Entertainment Explosion to host
 "A Really Big Shoe Three," \$10.50-\$12.50,
 Washington Center of the Performing Arts,
 Olympia, 360-753-8586.

25TH ANNIVERSARY SEASON

Sno-King Community Chorale Feb 7, 7:30pm, Disney Dazzle, Edmands Center for the Arts, 410 4th Avenue Narth,

Choral Music

Center for the Arts, 41 O4th Averblie Natin, Edmonds, 425-275-9995 or e-Aarts.org Cultural Heritage Choir Feb 13, 8pm, Linda Tillery and the choir showcase American pop music's roots, \$10-\$29, Kirkland Performance Center, 350 Kirkland Ave, Kirkland, 425-893-9900.

Kirkland Ave, Kirkland, 425-893-9900.

Tacoma Concert Band
Feb 27, 7:30pm, "Band with Choral Colors,"
featuring a combined performance with The Vivocal Cothedrals Choir, Pantiages Thactler, 253591-5894, http://www.broadwaycenter.org.
Bellevue Chamber Choruz
Mar 7, 2pm & 7:30pm, NW Jazz Party,
Tachen St. 1981-1981.

Theatre at Meydenbauer Center, Bellevue, special senior prices available, 425-881-0445,

special senior pieces available, 42-300 1-3045, www.bellevuechamberchorus.net

Sno-King Community Chorale

Mar 21, 7:30pm & Mar 22, 3:30pm, Musica
da Coro, Trinity Lutheran Church, 6215 196th
St. SW, Lynnwood, 425-673-1242, www.snokingchorale.org

kingchorde.org
Seattle Men's Chorus
Mar 28, 8pm; Mar 29, 2pm, "Singing
in the Rain," guest Star Debbie Reynolds,
McCaw Hall, Seattle, 206-388-1400, www.

flyinghouse.org
Market Street Singers
The Market Street Singers, a Ballard
community choir, invites choral singers to ioin us for the winter into spring season, culminating in our Fifth Anniversary concert in May, 206-297-3228.

Classical lozart Concert

Feb 8, 3pm, Mozart with Orchestra Seattle and Seattle Chamber singers, \$10.\$25, 1st Free Methodist Church, 3200 3rd Ave W, Seattle, 206-682-5208

Philharmonia NW
Feb 8, 2:30pm, St. Stephen's Episcopal
Church, 4805 NE 45th St, Seattle, 206-675-9727

Auburn Symphony Orchestra
Feb 14-15, "The Passions and Perils of
Love," Tchaikovsky's interpretation of
Shakespeare's Romeo and Juliet, \$20-\$25, Auburn Performing Arts Center, 700 E Main, Auburn, 253-939-8509. Ladies Musical Club

Ladies Musical Club

Fab 7, German Lieder: Nusic f Brahms, Mahler,
and Strauss and Music of Dring, C.P.E. Boch
and Pasculli: Fab 9, Music of Haydin and
Pouller, Card The Telephone," by Menotti;
Fab 11, Music of Schumann, Debussy, and
Prokofielf and Music of Fauré and Vaughn Williams; Feb 15, Art Songs of Fauré, Thomas and Hahn and "Liederkreis" Songs cycle by Schumann; Feb 20, Music of Haydn and Poulenc and "The Telephone, hy Menothi; Feb 21, Music of Khachaturian, Muczynski, Prokofiev and Menothi and "The Telephone," by Menothi; Free Concerts, Various Locations, 206-622-6882.

Pontiac Bay Symphony Orchestra
Mar 8, 6pm, tribute to the music from classic
film & TV westerns, \$15.\$17, Museum of
History & Industry, 206-364-0907.

NW Symphony Orchestra

Mar 13, 8pm, welcomes 10-year old trumpet prodigy Natalie Dungey plus pianist Yuka Sasaki, Highline Perfarming Arts Center, Burien, 800-838-3006.

Pop, Jazz, Folk, World International Guitar Night

International Guitar Night
Feb 6, 8pm, langest running mabile guitar
festival featuring same of the world's most
respected finger style guitarists, \$15-\$32,
Kirkland Performance Center, 350 Kirkland

Ave, Kirkland, 425-893-9900. Vagabond Opera

Feb 7, 7:30pm, a six-piece ensemble deliv-ers an eclectic mix of original and tradi-tional compositions, unified by an old-warld maod, \$18-\$20, Shorecrest Performing Arts

Center, 15343 25th Ave NE, Shoreline, 206-417-4645.

Sabbath of Song
Feb 7, 7pm, Linda Hirschharn, a nationally prominent composer leads a concert of contemporary Jewish music, Temple Beth Hatfilah, 201 8th Ave SE, Olympia, 360-754-8519.

Puget Sound Traditional Jazz Society

Feb 15, 12:30-4:30pm, Presents a concert by Holotradband & top-quality musicians, \$8-\$11, Ballard Elks Ladge, 6411 Seaview Ave NW, Seattle, 425-776-5072. Accordi-O-Rama II

According -Rama II
Feb 15, 2pm, Bring the family for a squeezebox Sunday serenade exploring the many voices of the accordion, the world's greatest musical instrument, \$13-\$15, Town Hall, 1119 8th Avenue, Seattle, 800-838-3006.

Evan Flory-Barnes
Feb 19 1-m bundetime 5-all

Feb 19, 1pm, lunchlime Seattle presents a concert by Evan Flory-Barnes and his inspired music inspired by his travels to Portugal and Spain, City Hall, 600 4th Ave, Seattle, 206-684-7171.

Richie Havens

Richie Havens
Feb 20, 8pm, Come experience the soulfoul
singing style infused with the original and
classic folk and rocks times, \$15-\$32, Kirk
land Performance Center, 350 Kirkland Ave,
Kirkland, 425-893-9900.
Rivegrass

Bluegrass Concert Feb 21, 7:30pm, Marley's Ghost, a four reb 21, 7:30pm, Marley's Ghost, a four man string bond brings instrumental virtuosi-y on autoharp, pedal steel guitar, bouzouki, fiddle, banjo, mandolin, and high strung guitar, \$16.50-\$22.50, THE Byrnes Perform-ing Arts Center, 18821 Crown Ridge Blvd, Arlington, 360-618-6321.

Arlington, 360-618-6321.
Bluegrass Concert
March 21, 7:30pm, Rhonda Vincent and
The Roge bring lively, upscule bluegrass
straight from the heart of bluegrass country,
\$16,50-\$22.50, THE Byrnes Performing Arts
Centler, 18821 Crown Ridge Blvd, Arlington,
360-618-6321.

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Info: 425-673-1242 • www.sno-kingchorale.org

Special Senior Prices available. For more information, call the Chorus office at 425-881-0445, or visit www.bellevuechamberchorus.net.

AARP Takes the Sting Out of Tax Time

...continued from page 23

many provisions of the tax code.

Last year, volunteers in Vancouver, WA helped an elderly man, and discovered he was the sole support of an adult disabled son, and could claim him as a dependent. The happy tax result -- a refund instead of a tax bill.

Trained AARP Tax-Aide volunteers will offer help with personal income tax returns at over 200 sites in Washington. Last year, more than 1,000 AARP Tax-Aide volunteers worked with well over 50,000 Washington residents to file their returns. The program is offered at senior centers, libraries and other convenient locations.

For more information, or to locate a site near you, call our tollfree number, 1-888-227-7669. You can also visit our web site at www. aarp.org/taxaide.

When you visit an AARP Tax-Aide site, please bring a copy of last year's return, all W-2 and 1099 forms including SSA-1099 for Social Security benefits paid, all receipts and canceled checks if itemizing, Social Security cards for yourself and dependents, and if applicable, dependent care provider information including name, employer, and social security number. �

Nostalgia Quiz

...by Durham Caldwell

team in 1960?

Baltimore replace?

three different cities?

Take me out to the ballgame

any of those years - and hasn't won one since.

Almost 85. and Still Skiing

...continued from page 16

once more. Yes, skiing is her passion and she will not be denied the chance to feel the rush of wind as she skis down the mountain. *

Georgie Bright Kunkel is a freelance writer and public speaker who can be reached at gnkunkel@comcast.net

The Heat Wave

.by Jean Pinski

Okay, ladies, I have advice for you. AVOID SKIING UNTIL YOUR LAST HOT FLASH IS OVER. I know, we've all heard about and experienced the hot flash in bed, the hot flash at the board meeting, the hot flash in front of the microphone. But I am warning you; beware of the hot flash in a ski iacket.

Picture this: The outside temperature is 10. I am standing on the top of a ski run; my toes are little cubes of ice. My torso is securely encased in thermo underwear, shirt, and heavy-duty ski jacket. Every snap, zipper and Velcro fastener has been securely closed to keep out the outside cold. And then, even though I am freezing, I can feel it starting. Waves of heat coursing upward from my waist to my neck. I AM ON FIRE!

I rip off a glove to rip open the Velcro and snaps and pull down my jacket zipper. I am sure my companions could see the heat tendrils seeping out of my opened

By the time I had let out the heat wave through the opened zipper I was covered in sheen of perspiration dampness. Enter the cold air hanging around the top of Big Mountain. I became covered with a thin layer of ice. Holy Cow! I went from being on fire to starting to freeze in fifteen seconds.

It is too bad that the scientists in this country haven't figured out a way to harness the heat energy radiating from the bodies of all the middle-aged women slogging through menopause. Think of the homes that could be heated if this female-produced heat could be captured and turned into energy instead of being released uselessly into the atmosphere. *

Crossword Solution

E	L	S	Α		S	K	1	S		М	Α	Т	Т	E
Т	П	L	L		Т	1	N	Т		Е	L	1	0	Т
Α	M	Α	Т		0	Е	N	0		R	0	М	Ε	0
L	0	٧	Е	L	0	٧	Ε	L	0	٧	Ε			
Г			R	Α	0		R	Е	L			J	Α	N
	Т	П	S	S	U	E			Е	L	Т	0	R	0
0	Т	N			Р	S	П	L	0	٧	Е	Υ	0	U
E	0	0	П	Е		E	0	0		П	N	F	U	N
В	Y	E	Θ	Υ	Е	L	0	V	E			U	S	S
R	U	N	N	E	L			Е	0	1	Θ	L	E	
A	P	Т			E	R	Α		1	R	Α			
П			L	0	٧	E	M	E	Т	E	N	0	E	R
P	Α	R	1	S		Р	Α	R	1		N	1	N	0
0	Θ	Α	М	A		Α	N	1	N		E	R	0	S
0	Е	W	E	Y		Y	A	N	G		0	Ε	S	E

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Nostalgia Quiz Answers

I. Chicago Cubs.

J. Chicago Cubs.

J. Chicago Luds Shours.

J. The St. Louis Phouns.

J. The such Pira commissioner of baseball, serving from 1921 to 1944.

J. The control Pira commissioner of baseball, serving from 1921 to 1944.

G. Mew York (New York Yankers, New York Ciants, Brooklyn Dodgers); Pennsylvania

G. Mew York Autherics, Philadelphia Phillies, Piraburgh Piraces.

1. What baseball team won the National League pennant every three years

2. What was the only state capital to have its own major league baseball

When it got an American League team back In 1954, what team did

5. What important position was held in baseball by a former federal judge

6. During the first half of the 20th century, two states each had three major

league franchises. What were the states, and what were the teams?

3. Baltimore lost its American League franchise to New York in 1903.

*4. What National League franchise has won World Series representing

from 1929 to 1938, and again in 1945, but didn't win a World Series in

Letter Drop

named Kenesaw Mountain Landis?

by Don Franks

The letters in each column go in the boxes directly under them but not necessarily in the order shown. When all the boxes have been filled in, an age related scrambled saying will appear.

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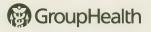
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 Seminar

 Thur
 Feb 5
 10am-1pm
 Q&A Drop-in

 Tue
 Mar 10
 10am-1pm
 Q&A Drop-in

 Thur
 Mar 12
 10am-1pm
 Q&A Drop-in

 Tue
 Mar 31
 10am-1pm
 Q&A Drop-in

Bellingham

Group Health Administration Office 2211 Rimland Drive, Suite 114

Mon Mar 16 10am-1pm Q&A Drop-in

Bothell

Group Health Northshore Medical Center 11913 NE 195th St

Tue Feb 10 10am Seminar Thur Feb 12 10am—1pm Q&A Drop-in

Everett

Group Health Everett Medical Center 2930 Maple St

Mon Mar 23 10am Seminar

Federal Way

Group Health Federal Way Medical Center 301 S 320th St

 Mon
 Feb 2
 10am—1pm
 Q&A Drop-in

 Wed
 Mar 18
 10am
 Seminar

 Fri
 Mar 20
 10am—1pm
 Q&A Drop-in

Mount Vernon

Mount Vernon Senior Service Center 1401 Cleveland

Thur Mar 26 10am—1pm Q&A Drop-in

Northgate

Group Health Northgate Medical Center 9800 4th Ave NE

Tue Feb 17 10am Seminar Thur Feb 19 10am—1pm Q&A Drop-in

Olympia

Group Health Olympia Medical Center 700 Lilly Rd NE

Fri Mar 6 10am Seminar Wed Mar 11 10am—1pm Q&A Drop-in

Port Orchard

Group Health Port Orchard Medical Center 1400 Pottery Ave

Wed Feb 18 10am-1pm Q&A Drop-in

Puyallup

Best Western Park Plaza | 620 South Hill Park Drive

Wed Feb 25 10am Seminar

Seattle

Group Health Headquarters | 320 Westlake Ave N

 Wed
 Feb 4
 10am
 Seminar

 Mon
 Feb 9
 10am-1pm
 Q&A Drop-in

 Tue
 Mar 3
 10am
 Seminar

 Thurs
 Mar 3
 10am-1pm
 Q&A Drop-in

 Mon
 Mar 3
 10am-1pm
 Q&A Drop-in

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 Q&A Drop-in
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Гасота

Group Health Tacoma South Medical Center 9505 S Steele St

 Mon
 Feb 23
 10am
 Seminar

 Fri
 Feb 27
 10am-1pm
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 Mar 23
 10am
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 Fri
 Mar 27
 10am-1pm
 Q&A Drop-in

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